



8. Schlaubetal Marathon  
Eisenhüttenstadt / 18.10.2014

Detailed evaluation

Thomas, Holger

Club: Bergfreunde Cottbus  
Number: 438

Course: 21.10 km  
Eisenhüttenstädter Cross-Halbmarathon

Category:  
Senioren M40 (40-44 Jahre)

Total time: 1:45:11

Speed: 11.98 km/h  
Running performance: 4:59 min/km

Rank in course/Total: 37 (of 160)

Rank in course/Men: 33 (of 122)

Best time in course: 1:17:57

Rank in category: 6(of 18)

Best time in the category: 1:32:07

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	10.60	56:02	5:17	10	9:39	57	16:40	10.60	56:02	5:17	14	1:02	33	16:40
Last lap Ziel Inse	10.50	49:09	4:40	5	3:25	20	10:34	21.10	1:45:11	4:59	6	13:04	33	27:14