



8. Schlaubetal Marathon

Eisenhüttenstadt / 18.10.2014

Detailed evaluation

Schwark, Lars

Club: Bad Freienwalde
Number: 409

Course: 21.10 km
Eisenhüttenstädter Cross-Halbmarathon

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:48:56

Speed: 11.57 km/h
Running performance: 5:10 min/km

Rank in course/Total: 51 (of 160)

Rank in course/Men: 44 (of 122)

Best time in course: 1:17:57

Rank in category: 7(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	53:02	5:00	7	6:39	34	13:40	10.60	53:02	5:00	13		44	13:40
Last lap Ziel Inse	10.50	55:54	5:19	9	10:10	56	17:19	21.10	1:48:56	5:09	7	16:49	44	30:59