



8. Schlaubetal Marathon  
Eisenhüttenstadt / 18.10.2014

Detailed evaluation

Sieker, Jens

Club: Langwedel  
Number: 396

Course: 21.10 km  
Eisenhüttenstädter Cross-Halbmarathon

Category:  
Senioren M35 (35-39 Jahre)

Total time: 1:50:47

Speed: 11.37 km/h  
Running performance: 5:15 min/km

Rank in course/Total: 58 (of 160)

Rank in course/Men: 51 (of 122)

Best time in course: 1:17:57

Rank in category: 7(of 19)

Best time in the category: 1:35:07

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 | 54:44 | 5:09   | 6    | 6:52   | 45  | 15:22  | 10.60 | 54:44   | 5:09   | 14   |        | 51  | 15:22  |
| Last lap Ziel Inse | 10.50 | 56:03 | 5:20   | 7    | 10:13  | 57  | 17:28  | 21.10 | 1:50:47 | 5:15   | 7    | 15:40  | 51  | 32:50  |