



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