



8. Schlaubetal Marathon
Eisenhüttenstadt / 18.10.2014

Detailed evaluation

Zeuke, Frank

Club: Frankfurt (Oder)
Number: 431

Course: 21.10 km
Eisenhüttenstädter Cross-Halbmarathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:51:56

Speed: 11.31 km/h
Running performance: 5:18 min/km

Rank in course/Total: 61 (of 160)

Rank in course/Men: 54 (of 122)

Best time in course: 1:17:57

Rank in category: 11(of 19)

Best time in the category: 1:33:17

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	52:31	4:57	5	5:21	29	13:09	10.60	52:31	4:57	10		46	13:09
Last lap Ziel Inse	10.50	59:25	5:39	14	13:41	74	20:50	21.10	1:51:56	5:18	11	18:39	54	33:59