



8. Schlaubetal Marathon
Eisenhüttenstadt / 18.10.2014

Detailed evaluation

Pakalski, Norbert

Club: BSG Pneumant Fürstenwalde
Number: 479

Course: 21.10 km
Eisenhüttenstädter Cross-Halbmarathon

Category:
Senioren M55 (55-59 Jahre)

Total time: 1:55:54

Speed: 10.87 km/h
Running performance: 5:29 min/km

Rank in course/Total: 82 (of 160)

Rank in course/Men: 69 (of 122)

Best time in course: 1:17:57

Rank in category: 7(of 17)

Best time in the category: 1:36:02

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	55:43	5:15	4	7:08	53	16:21	10.60	55:43	5:15	12		69	16:21
Last lap Ziel Inse	10.50	1:00:11	5:43	7	12:44	78	21:36	21.10	1:55:54	5:29	7	19:52	69	37:57