



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: 10.92 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 |