



8. Schlaubetal Marathon

Eisenhüttenstadt / 18.10.2014

Detailed evaluation

Schöke, Karsten

Club: Crazy Elephants
Number: 443

Course: 21.10 km
Eisenhüttenstädter Cross-Halbmarathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:57:05

Speed: 10.76 km/h
Running performance: 5:33 min/km

Rank in course/Total: 88 (of 160)

Rank in course/Men: 74 (of 122)

Best time in course: 1:17:57

Rank in category: 15(of 19)

Best time in the category: 1:33:17

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	10.60	55:19	5:13	11	8:09	50	15:57	10.60	55:19	5:13	6		74	15:57
Last lap Ziel Inse	10.50	1:01:46	5:52	15	16:02	89	23:11	21.10	1:57:05	5:32	15	23:48	74	39:08