



8. Schlaubetal Marathon
Eisenhüttenstadt / 18.10.2014

Detailed evaluation

Nawroth, Jens

Club: Frankfurt (Oder)
Number: 477

Course: 21.10 km
Eisenhüttenstädter Cross-Halbmarathon

Category:
Senioren M35 (35-39 Jahre)

Total time: 1:59:44

Speed: 10.57 km/h
Running performance: 5:40 min/km

Rank in course/Total: 97 (of 160)

Rank in course/Men: 82 (of 122)

Best time in course: 1:17:57

Rank in category: 13(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	1:00:30	5:42	13	12:38	83	21:08	10.60	1:00:30	5:42	8		82	21:08
Last lap Ziel Inse	10.50	59:14	5:38	12	13:24	73	20:39	21.10	1:59:44	5:40	13	24:37	82	41:47