



8. Schlaubetal Marathon
Eisenhüttenstadt / 18.10.2014

Detailed evaluation

Kowaloff, Mike

Club: Müllrose
Number: 304

Course: 21.10 km
Eisenhüttenstädter Cross-Halbmarathon

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:06:36

Speed: 10.00 km/h
Running performance: 6:00 min/km

Rank in course/Total: 115 (of 160)

Rank in course/Men: 97 (of 122)

Best time in course: 1:17:57

Rank in category: 16(of 18)

Best time in the category: 1:32:07

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	1:01:10	5:46	14	14:47	87	21:48	10.60	1:01:10	5:46	4	6:10	97	21:48
Last lap Ziel Inse	10.50	1:05:26	6:13	17	19:42	106	26:51	21.10	2:06:36	5:59	16	34:29	97	48:39