



8. Schlaubetal Marathon  
Eisenhüttenstadt / 18.10.2014

Detailed evaluation

Heßland, Ralf

Club: Friedrichroda  
Number: 433

Course: 21.10 km  
Eisenhüttenstädter Cross-Halbmarathon

Category:  
Senioren M50 (50-54 Jahre)

Total time: 2:07:45

Speed: 9.86 km/h  
Running performance: 6:03 min/km

Rank in course/Total: 121 (of 160)

Rank in course/Men: 102 (of 122)

Best time in course: 1:17:57

Rank in category: 13(of 15)

Best time in the category: 1:37:25

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Pos Cat.	Behind Cat.	Total ranking		
						Pos Men	Behind Men	km	Time			min/km	Pos Men	Behind Men
Lap 1	10.60	1:03:54	6:01	13	15:20	102	24:32	10.60	1:03:54	6:01	13	15:20	102	24:32
Last lap Ziel Inse	10.50	1:03:51	6:04	13	15:00	99	25:16	21.10	2:07:45	6:03	13	30:20	102	49:48