



8. Schlaubetal Marathon
Eisenhüttenstadt / 18.10.2014

Detailed evaluation

Jepsen, Rüdiger

Club: Frankfurt(Oder)
Number: 343

Course: 21.10 km
Eisenhüttenstädter Cross-Halbmarathon

Category:
Senioren M60 (60-64 Jahre)

Total time: 2:20:11

Speed: 8.99 km/h
Running performance: 6:38 min/km

Rank in course/Total: 143 (of 160)

Rank in course/Men: 114 (of 122)

Best time in course: 1:17:57

Rank in category: 4(of 4)

Best time in the category: 1:44:13

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 | 1:05:14 | 6:09 | 4 | 13:11 | 110 | 25:52 | 10.60 | 1:05:14 | 6:09 | 4 | 13:11 | 114 | 25:52 |
| Last lap Ziel Inse | 10.50 | 1:14:57 | 7:08 | 4 | 22:47 | 119 | 36:22 | 21.10 | 2:20:11 | 6:38 | 4 | 35:58 | 114 | 1:02:14 |