



8. Schlaubetal Marathon
Eisenhüttenstadt / 18.10.2014

Detailed evaluation

Palm, Ingo

Club: Polizei Berlin
Number: 415

Course: 21.10 km
Eisenhüttenstädter Cross-Halbmarathon

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:22:41

Speed: 8.83 km/h
Running performance: 6:46 min/km

Rank in course/Total: 151 (of 160)

Rank in course/Men: 119 (of 122)

Best time in course: 1:17:57

Rank in category: 16(of 17)

Best time in the category: 1:36:02

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	1:07:49	6:23	15	19:14	116	28:27	10.60	1:07:49	6:23	3	6:14	119	28:27
Last lap Ziel Inse	10.50	1:14:52	7:07	16	27:25	118	36:17	21.10	2:22:41	6:45	16	46:39	119	1:04:44