



8. Schlaubetal Marathon
Eisenhüttenstadt / 18.10.2014

Detailed evaluation

Malig, Ralf

Club: Bowlingclub Senftenberg
Number: 600

Course: 43.00 km
Cross-Marathon

Category:
Senioren M50 (50-54 Jahre)

Total time: 3:11:26

Speed: 13.48 km/h
Running performance: 4:27 min/km

Rank in course/Total: 2 (of 117)

Rank in course/Men: 2 (of 82)

Best time in course: 2:54:26

Rank in category: 1(of 23)

Best time in the category: 3:11:26

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	11.60	50:37	4:21	1	-	3	6:13	11.60	50:37	4:21	13		59	
Lap 2	9.90	45:49	4:37	1	-	2	3:53	21.50	1:36:26	4:29	13		61	
Lap 3	11.10	51:49	4:40	1	-	2	5:27	32.60	2:28:15	4:32	13		62	
Last lap Ziel Inse	10.40	43:11	4:09	1	-	2	1:27	43.00	3:11:26	4:27	1	-	2	17:00