



8. Schlaubetal Marathon

Eisenhüttenstadt / 18.10.2014

Detailed evaluation

Paul, Torsten

Club: TLV Rangsdorf
Number: 680

Course: 43.00 km
Cross-Marathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 3:23:17

Speed: 12.69 km/h
Running performance: 4:44 min/km

Rank in course/Total: 4 (of 117)

Rank in course/Men: 4 (of 82)

Best time in course: 2:54:26

Rank in category: 2(of 18)

Best time in the category: 2:54:26

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	11.60	54:03	4:39	3	9:39	7	9:39	11.60	54:03	4:39	18			57	
Lap 2	9.90	48:52	4:56	2	6:56	5	6:56	21.50	1:42:55	4:47	18			60	
Lap 3	11.10	55:29	4:59	3	9:07	5	9:07	32.60	2:38:24	4:51	18			60	
Last lap Ziel Inse	10.40	44:53	4:18	2	3:09	3	3:09	43.00	3:23:17	4:43	2	28:51		4	28:51