



8. Schlaubetal Marathon  
Eisenhüttenstadt / 18.10.2014

Detailed evaluation

Zarnbach, Ralf

Club: Frankfurt(Oder)  
Number: 705

Course: 43.00 km  
Cross-Marathon

Category:  
Senioren M45 (45-49 Jahre)

Total time: 3:42:10

Speed: 11.61 km/h  
Running performance: 5:10 min/km

Rank in course/Total: 12 (of 117)

Rank in course/Men: 10 (of 82)

Best time in course: 2:54:26

Rank in category: 4(of 18)

Best time in the category: 2:54:26

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	11.60	53:43	4:37	2	9:19	6	9:19	11.60	53:43	4:37	16		54	
Lap 2	9.90	49:38	5:00	5	7:42	10	7:42	21.50	1:43:21	4:48	16		54	
Lap 3	11.10	1:01:18	5:31	7	14:56	15	14:56	32.60	2:44:39	5:03	16		54	
Last lap Ziel Inse	10.40	57:31	5:31	7	15:47	20	15:47	43.00	3:42:10	5:09	4	47:44	10	47:44