



8. Schlaubetal Marathon

Eisenhüttenstadt / 18.10.2014

Detailed evaluation

Prautsch, Thomas

Club: Frankfurt (Oder)
Number: 674

Course: 43.00 km
Cross-Marathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 3:46:06

Speed: 11.41 km/h
Running performance: 5:16 min/km

Rank in course/Total: 16 (of 117)

Rank in course/Men: 13 (of 82)

Best time in course: 2:54:26

Rank in category: 5(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	11.60	59:05	5:05	8	14:41	22	14:41	11.60	59:05	5:05	15		51	
Lap 2	9.90	54:11	5:28	8	12:15	23	12:15	21.50	1:53:16	5:16	15		51	
Lap 3	11.10	1:00:19	5:26	4	13:57	10	13:57	32.60	2:53:35	5:19	15		51	
Last lap Ziel Inse	10.40	52:31	5:02	4	10:47	10	10:47	43.00	3:46:06	5:15	5	51:40	13	51:40