



8. Schlaubetal Marathon

Eisenhüttenstadt / 18.10.2014

Detailed evaluation

Krause, Thilo

Club: MSV Tripoint Frankfurt (Oder)
Number: 644

Course: 43.00 km
Cross-Marathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 3:47:00

Speed: 11.37 km/h
Running performance: 5:17 min/km

Rank in course/Total: 17 (of 117)

Rank in course/Men: 14 (of 82)

Best time in course: 2:54:26

Rank in category: 6(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	55:01	4:44	5	10:37	14	10:37	11.60	55:01	4:44	14			50
Lap 2	9.90	49:35	5:00	4	7:39	8	7:39	21.50	1:44:36	4:51	14			50
Lap 3	11.10	1:00:20	5:26	6	13:58	12	13:58	32.60	2:44:56	5:03	14			50
Last lap Ziel Inse	10.40	1:02:04	5:58	9	20:20	39	20:20	43.00	3:47:00	5:16	6	52:34	14	52:34