



8. Schlaubetal Marathon
Eisenhüttenstadt / 18.10.2014

Detailed evaluation

Wissel, Karlheinz

Club: FHSG Stralsund
Number: 695

Course: 43.00 km
Cross-Marathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 3:50:10

Speed: 11.21 km/h
Running performance: 5:21 min/km

Rank in course/Total: 22 (of 117)

Rank in course/Men: 16 (of 82)

Best time in course: 2:54:26

Rank in category: 8(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	58:19	5:01	7	13:55	20	13:55	11.60	58:19	5:01	12		48	
Lap 2	9.90	55:11	5:34	9	13:15	27	13:15	21.50	1:53:30	5:16	12		48	
Lap 3	11.10	1:02:26	5:37	8	16:04	18	16:04	32.60	2:55:56	5:23	12		48	
Last lap Ziel Inse	10.40	54:14	5:12	5	12:30	14	12:30	43.00	3:50:10	5:21	8	55:44	16	55:44