



8. Schlaubetal Marathon

Eisenhüttenstadt / 18.10.2014

Detailed evaluation

Niedzwetzki, Michael

Club: ABK Berlin
Number: 734

Course: 43.00 km
Cross-Marathon

Category:
Senioren M50 (50-54 Jahre)

Total time: 3:50:53

Speed: 11.17 km/h
Running performance: 5:22 min/km

Rank in course/Total: 23 (of 117)

Rank in course/Men: 17 (of 82)

Best time in course: 2:54:26

Rank in category: 4(of 23)

Best time in the category: 3:11:26

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	54:58	4:44	3	4:21	13	10:34	11.60	54:58	4:44	21		47	
Lap 2	9.90	49:36	5:00	3	3:47	9	7:40	21.50	1:44:34	4:51	21		47	
Lap 3	11.10	1:07:24	6:04	10	15:35	34	21:02	32.60	2:51:58	5:16	21		47	
Last lap Ziel Inse	10.40	58:55	5:39	8	15:44	24	17:11	43.00	3:50:53	5:22	4	39:27	17	56:27