



8. Schlaubetal Marathon

Eisenhüttenstadt / 18.10.2014

Detailed evaluation

Stein, Frank

Club: Karower Dachse
Number: 609

Course: 43.00 km
Cross-Marathon

Category:
Senioren M50 (50-54 Jahre)

Total time: 3:54:28

Speed: 11.00 km/h
Running performance: 5:27 min/km

Rank in course/Total: 28 (of 117)

Rank in course/Men: 20 (of 82)

Best time in course: 2:54:26

Rank in category: 7(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	1:03:52	5:30	10	13:15	40	19:28	11.60	1:03:52	5:30	18		44	4:19
Lap 2	9.90	56:27	5:42	10	10:38	35	14:31	21.50	2:00:19	5:35	18		44	2:00
Lap 3	11.10	1:02:42	5:38	5	10:53	19	16:20	32.60	3:03:01	5:36	18		44	
Last lap Ziel Inse	10.40	51:27	4:56	3	8:16	8	9:43	43.00	3:54:28	5:27	7	43:02	20	1:00:02