



8. Schlaubetal Marathon
Eisenhüttenstadt / 18.10.2014

Detailed evaluation

Sdorra, Alexander

Club: Lindower Jungs
Number: 641

Course: 43.00 km
Cross-Marathon

Category:
Senioren M40 (40-44 Jahre)

Total time: 4:01:00

Speed: 10.71 km/h
Running performance: 5:36 min/km

Rank in course/Total: 35 (of 117)

Rank in course/Men: 25 (of 82)

Best time in course: 2:54:26

Rank in category: 3(of 16)

Best time in the category: 3:42:43

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	1:02:13	5:21	7	7:51	35	17:49	11.60	1:02:13	5:21	3	5:55	80	2:40
Lap 2	9.90	55:59	5:39	7	6:10	32	14:03	21.50	1:58:12	5:29	3	9:14	80	
Lap 3	11.10	1:04:12	5:47	5	3:29	23	17:50	32.60	3:02:24	5:35	3	12:43	80	
Last lap Ziel Inse	10.40	58:36	5:38	4	5:34	22	16:52	43.00	4:01:00	5:36	3	18:17	25	1:06:34