



8. Schlaubetal Marathon  
Eisenhüttenstadt / 18.10.2014

Detailed evaluation

Köppen, Sven

Club: Tzschetzschnower  
Number: 633

Course: 43.00 km  
Cross-Marathon

Category:  
Senioren M40 (40-44 Jahre)

Total time: 4:02:13

Speed: 10.65 km/h  
Running performance: 5:38 min/km

Rank in course/Total: 36 (of 117)

Rank in course/Men: 26 (of 82)

Best time in course: 2:54:26

Rank in category: 4(of 16)

Best time in the category: 3:42:43

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	11.60	1:00:35	5:13	5	6:13	31	16:11	11.60	1:00:35	5:13	4	4:17	79	1:02
Lap 2	9.90	54:23	5:29	4	4:34	25	12:27	21.50	1:54:58	5:20	4	6:00	79	
Lap 3	11.10	1:02:22	5:37	3	1:39	17	16:00	32.60	2:57:20	5:26	4	7:39	79	
Last lap Ziel Inse	10.40	1:04:53	6:14	12	11:51	47	23:09	43.00	4:02:13	5:37	4	19:30	26	1:07:47