



8. Schlaubetal Marathon
Eisenhüttenstadt / 18.10.2014

Detailed evaluation

Diekmann, Jörg

Club: Triathlonverein Fürstenwalde 1990
Number: 625

Course: 43.00 km
Cross-Marathon

Category:
Senioren M50 (50-54 Jahre)

Total time: 4:02:23

Speed: 10.64 km/h
Running performance: 5:38 min/km

Rank in course/Total: 37 (of 117)

Rank in course/Men: 27 (of 82)

Best time in course: 2:54:26

Rank in category: 9(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	1:01:10	5:16	8	10:33	32	16:46	11.60	1:01:10	5:16	16		78	1:37
Lap 2	9.90	57:00	5:45	12	11:11	40	15:04	21.50	1:58:10	5:29	16		78	
Lap 3	11.10	1:08:38	6:10	11	16:49	37	22:16	32.60	3:06:48	5:43	16		78	
Last lap Ziel Inse	10.40	55:35	5:20	6	12:24	17	13:51	43.00	4:02:23	5:38	9	50:57	27	1:07:57