



8. Schlaubetal Marathon
Eisenhüttenstadt / 18.10.2014

Detailed evaluation

Kniebe, Benjamin

Club: Berlin
Number: 724

Course: 43.00 km
Cross-Marathon

Category:
Senioren M40 (40-44 Jahre)

Total time: 4:07:41

Speed: 10.42 km/h
Running performance: 5:46 min/km

Rank in course/Total: 40 (of 117)

Rank in course/Men: 30 (of 82)

Best time in course: 2:54:26

Rank in category: 6(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	59:15	5:06	3	4:53	24	14:51	11.60	59:15	5:06	6	2:57	75	
Lap 2	9.90	52:20	5:17	2	2:31	16	10:24	21.50	1:51:35	5:11	6	2:37	75	
Lap 3	11.10	1:03:28	5:43	4	2:45	21	17:06	32.60	2:55:03	5:22	6	5:22	75	
Last lap Ziel Inse	10.40	1:12:38	6:59	16	19:36	66	30:54	43.00	4:07:41	5:45	6	24:58	30	1:13:15