



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<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |  |
|--------------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|--|
|                    |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>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       |  |