



8. Schlaubetal Marathon

Eisenhüttenstadt / 18.10.2014

Detailed evaluation

Koch, Dirk

Club: BSG Pneumant Fürstenwalde
Number: 735

Course: 43.00 km
Cross-Marathon

Category:
Senioren M40 (40-44 Jahre)

Total time: 4:11:15

Speed: 10.27 km/h
Running performance: 5:50 min/km

Rank in course/Total: 47 (of 117)

Rank in course/Men: 37 (of 82)

Best time in course: 2:54:26

Rank in category: 9(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	59:30	5:07	4	5:08	26	15:06	11.60	59:30	5:07	9	3:12	68	
Lap 2	9.90	56:51	5:44	9	7:02	38	14:55	21.50	1:56:21	5:24	9	7:23	68	
Lap 3	11.10	1:11:09	6:24	13	10:26	46	24:47	32.60	3:07:30	5:45	9	17:49	68	
Last lap Ziel Inse	10.40	1:03:45	6:07	11	10:43	44	22:01	43.00	4:11:15	5:50	9	28:32	37	1:16:49