



8. Schlaubetal Marathon

Eisenhüttenstadt / 18.10.2014

Detailed evaluation

Springfeldt, Maik

Club: Fürstenwalde/ Spree
Number: 671

Course: 43.00 km
Cross-Marathon

Category:
Senioren M40 (40-44 Jahre)

Total time: 4:12:13

Speed: 10.23 km/h
Running performance: 5:52 min/km

Rank in course/Total: 49 (of 117)

Rank in course/Men: 39 (of 82)

Best time in course: 2:54:26

Rank in category: 10(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	1:01:40	5:18	6	7:18	34	17:16	11.60	1:01:40	5:18	10	5:22	67	2:07
Lap 2	9.90	56:38	5:43	8	6:49	37	14:42	21.50	1:58:18	5:30	10	9:20	67	
Lap 3	11.10	1:10:26	6:20	12	9:43	40	24:04	32.60	3:08:44	5:47	10	19:03	67	
Last lap Ziel Inse	10.40	1:03:29	6:06	10	10:27	43	21:45	43.00	4:12:13	5:51	10	29:30	39	1:17:47