



8. Schlaubetal Marathon

Eisenhüttenstadt / 18.10.2014

Detailed evaluation

Pommerening, Mirko

Club: Eisenhüttenstadt
Number: 653

Course: 43.00 km
Cross-Marathon

Category:
Senioren M40 (40-44 Jahre)

Total time: 4:12:44

Speed: 10.21 km/h
Running performance: 5:53 min/km

Rank in course/Total: 50 (of 117)

Rank in course/Men: 40 (of 82)

Best time in course: 2:54:26

Rank in category: 11(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	11.60	1:08:47	5:55	13	14:25	54	24:23	11.60	1:08:47	5:55	11	12:29	66	9:14
Lap 2	9.90	1:00:26	6:06	11	10:37	46	18:30	21.50	2:09:13	6:00	11	20:15	66	10:54
Lap 3	11.10	1:06:45	6:00	8	6:02	31	20:23	32.60	3:15:58	6:00	11	26:17	66	
Last lap Ziel Inse	10.40	56:46	5:27	3	3:44	19	15:02	43.00	4:12:44	5:52	11	30:01	40	1:18:18