



8. Schlaubetal Marathon

Eisenhüttenstadt / 18.10.2014

Detailed evaluation

Steinicke, Thomas

Club: SGW 05 Berlin
Number: 733

Course: 43.00 km
Cross-Marathon

Category:
Senioren M50 (50-54 Jahre)

Total time: 4:15:02

Speed: 10.12 km/h
Running performance: 5:56 min/km

Rank in course/Total: 53 (of 117)

Rank in course/Men: 42 (of 82)

Best time in course: 2:54:26

Rank in category: 11(of 23)

Best time in the category: 3:11:26

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	1:09:00	5:56	17	18:23	56	24:36	11.60	1:09:00	5:56	14		32	9:27
Lap 2	9.90	58:26	5:54	13	12:37	43	16:30	21.50	2:07:26	5:55	14		32	9:07
Lap 3	11.10	1:06:42	6:00	9	14:53	30	20:20	32.60	3:14:08	5:57	14		32	
Last lap Ziel Inse	10.40	1:00:54	5:51	12	17:43	34	19:10	43.00	4:15:02	5:55	11	1:03:36	42	1:20:36