



8. Schlaubetal Marathon  
Eisenhüttenstadt / 18.10.2014

Detailed evaluation

Steinbach, Manfred

Club: Berlin  
Number: 713

Course: 43.00 km  
Cross-Marathon

Category:  
Senioren M55 (55-59 Jahre)

Total time: 4:32:03

Speed: 9.48 km/h  
Running performance: 6:20 min/km

Rank in course/Total: 73 (of 117)

Rank in course/Men: 56 (of 82)

Best time in course: 2:54:26

Rank in category: 2(of 5)

Best time in the category: 3:40:07

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	11.60	1:10:58	6:07	2	16:52	63	26:34	11.60	1:10:58	6:07	2	16:52	5	11:25
Lap 2	9.90	1:04:00	6:27	2	12:04	60	22:04	21.50	2:14:58	6:16	2	28:56	8	16:39
Lap 3	11.10	1:11:02	6:23	2	10:16	44	24:40	32.60	3:26:00	6:19	2	39:12	8	9:45
Last lap Ziel Inse	10.40	1:06:03	6:21	2	12:44	50	24:19	43.00	4:32:03	6:19	2	51:56	56	1:37:37