



# 8. Schlaubetal Marathon

Eisenhüttenstadt / 18.10.2014

## Detailed evaluation

**Seeliger, Frank**

Club: Wildau

Number: 699

Course: 43.00 km

Cross-Marathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 4:40:33

Speed: 9.20 km/h

Running performance: 6:31 min/km

Rank in course/Total: 79 (of 117)

Rank in course/Men: 59 (of 82)

Best time in course: 2:54:26

Rank in category: 15(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	1:10:58	6:07	15	16:36	63	26:34	11.60	1:10:58	6:07	15	14:40	5	11:25
Lap 2	9.90	1:02:36	6:19	14	12:47	54	20:40	21.50	2:13:34	6:12	15	24:36	5	15:15
Lap 3	11.10	1:18:05	7:02	15	17:22	61	31:43	32.60	3:31:39	6:29	15	41:58	5	15:24
Last lap Ziel Inse	10.40	1:08:54	6:37	13	15:52	58	27:10	43.00	4:40:33	6:31	15	57:50	59	1:46:07