



8. Schlaubetal Marathon

Eisenhüttenstadt / 18.10.2014

Detailed evaluation

Ostmann, Heiko

Club: LT Nauen-Falkensee
Number: 720

Course: 43.00 km
Cross-Marathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 4:47:38

Speed: 8.97 km/h
Running performance: 6:41 min/km

Rank in course/Total: 81 (of 117)

Rank in course/Men: 61 (of 82)

Best time in course: 2:54:26

Rank in category: 13(of 18)

Best time in the category: 2:54:26

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	1:15:01	6:28	17	30:37	74	30:37	11.60	1:15:01	6:28	7	13:31	3	15:28
Lap 2	9.90	1:07:58	6:51	14	26:02	69	26:02	21.50	2:22:59	6:39	7	25:24	3	24:40
Lap 3	11.10	1:17:19	6:57	12	30:57	59	30:57	32.60	3:40:18	6:45	7	18:23	3	24:03
Last lap Ziel Inse	10.40	1:07:20	6:28	12	25:36	54	25:36	43.00	4:47:38	6:41	13	1:53:12	61	1:53:12