



8. Schlaubetal Marathon  
Eisenhüttenstadt / 18.10.2014

Detailed evaluation

Blendeck, Jan

Club: Bad Zwischenahn  
Number: 659

Course: 43.00 km  
Cross-Marathon

Category:  
Senioren M35 (35-39 Jahre)

Total time: 4:48:40

Speed: 8.94 km/h  
Running performance: 6:43 min/km

Rank in course/Total: 83 (of 117)

Rank in course/Men: 62 (of 82)

Best time in course: 2:54:26

Rank in category: 6(of 6)

Best time in the category: 3:18:01

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	1:10:05	6:02	6	19:32	59	25:41	11.60	1:10:05	6:02	6	19:32	2	10:32
Lap 2	9.90	1:03:56	6:27	6	18:03	58	22:00	21.50	2:14:01	6:14	6	37:35	2	15:42
Lap 3	11.10	1:16:26	6:53	6	22:58	57	30:04	32.60	3:30:27	6:27	6	1:00:33	2	14:12
Last lap Ziel Inse	10.40	1:18:13	7:31	6	30:06	71	36:29	43.00	4:48:40	6:42	6	1:30:39	62	1:54:14