



8. Schlaubetal Marathon

Eisenhüttenstadt / 18.10.2014

Detailed evaluation

Bork, Roland

Club: Schönefeld
Number: 624

Course: 43.00 km
Cross-Marathon

Category:
Senioren M60 (60-64 Jahre)

Total time: 4:51:17

Speed: 8.86 km/h
Running performance: 6:46 min/km

Rank in course/Total: 89 (of 117)

Rank in course/Men: 67 (of 82)

Best time in course: 2:54:26

Rank in category: 3(of 4)

Best time in the category: 4:07:48

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 | 1:07:28 | 5:48 | 2 | 8:22 | 48 | 23:04 | 11.60 | 1:07:28 | 5:48 | 3 | 8:22 | 38 | 7:55 |
| Lap 2 | 9.90 | 1:03:38 | 6:25 | 3 | 8:03 | 55 | 21:42 | 21.50 | 2:11:06 | 6:05 | 3 | 16:25 | 38 | 12:47 |
| Lap 3 | 11.10 | 1:24:14 | 7:35 | 3 | 16:58 | 72 | 37:52 | 32.60 | 3:35:20 | 6:36 | 3 | 33:23 | 38 | 19:05 |
| Last lap Ziel Inse | 10.40 | 1:15:57 | 7:18 | 3 | 15:03 | 69 | 34:13 | 43.00 | 4:51:17 | 6:46 | 3 | 43:29 | 67 | 1:56:51 |