



8. Schlaubetal Marathon
Eisenhüttenstadt / 18.10.2014

Detailed evaluation

Lier, Ronald

Club: Berlin
Number: 682

Course: 43.00 km
Cross-Marathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 5:10:30

Speed: 8.31 km/h
Running performance: 7:13 min/km

Rank in course/Total: 101 (of 117)

Rank in course/Men: 75 (of 82)

Best time in course: 2:54:26

Rank in category: 16(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	1:10:15	6:03	12	25:51	61	25:51	11.60	1:10:15	6:03	4	8:45	7	10:42
Lap 2	9.90	1:09:15	6:59	15	27:19	71	27:19	21.50	2:19:30	6:29	4	21:55	30	21:11
Lap 3	11.10	1:27:15	7:51	16	40:53	75	40:53	32.60	3:46:45	6:57	4	24:50	30	30:30
Last lap Ziel Inse	10.40	1:23:45	8:03	16	42:01	73	42:01	43.00	5:10:30	7:13	16	2:16:04	75	2:16:04