



8. Schlaubetal Marathon  
Eisenhüttenstadt / 18.10.2014

Detailed evaluation

Grüneberg, Manfred

Club: Knappen Schwarze Pumpe  
Number: 707

Course: 43.00 km  
Cross-Marathon

Category:  
Senioren M55 (55-59 Jahre)

Total time: 5:24:10

Speed: 7.96 km/h  
Running performance: 7:32 min/km

Rank in course/Total: 104 (of 117)

Rank in course/Men: 76 (of 82)

Best time in course: 2:54:26

Rank in category: 5(of 5)

Best time in the category: 3:40:07

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	1:12:47	6:16	5	18:41	71	28:23	11.60	1:12:47	6:16	5	18:41	29	13:14
Lap 2	9.90	1:10:11	7:05	5	18:15	74	28:15	21.50	2:22:58	6:38	5	36:56	29	24:39
Lap 3	11.10	1:30:33	8:09	5	29:47	76	44:11	32.60	3:53:31	7:09	5	1:06:43	29	37:16
Last lap Ziel Inse	10.40	1:30:39	8:42	5	37:20	79	48:55	43.00	5:24:10	7:32	5	1:44:03	76	2:29:44