



# 8. Schlaubetal Marathon

Eisenhüttenstadt / 18.10.2014

## Detailed evaluation

**Ilk, Olaf**

Club: LG Mauerweg Berlin e. V.  
Number: 708

Course: 43.00 km  
Cross-Marathon

Category:  
Senioren M45 (45-49 Jahre)

Total time: 5:28:06

Speed: 7.86 km/h  
Running performance: 7:38 min/km

Rank in course/Total: 108 (of 117)

Rank in course/Men: 77 (of 82)

Best time in course: 2:54:26

Rank in category: 17(of 18)

Best time in the category: 2:54:26

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	1:11:17	6:08	14	26:53	66	26:53	11.60	1:11:17	6:08	3	9:47	28	11:44
Lap 2	9.90	1:07:52	6:51	13	25:56	68	25:56	21.50	2:19:09	6:28	3	21:34	28	20:50
Lap 3	11.10	1:37:26	8:46	18	51:04	80	51:04	32.60	3:56:35	7:15	3	34:40	28	40:20
Last lap Ziel Inse	10.40	1:31:31	8:47	18	49:47	80	49:47	43.00	5:28:06	7:37	17	2:33:40	77	2:33:40