



8. Schlaubetal Marathon

Eisenhüttenstadt / 18.10.2014

Detailed evaluation

Geiseler, Steffen

Club: Frankfurt Oder
Number: 340

Course: 21.10 km
Eisenhüttenstädter Cross-Halbmarathon

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:32:07

Speed: 13.68 km/h
Running performance: 4:22 min/km

Rank in course/Total: 6 (of 160)

Rank in course/Men: 5 (of 122)

Best time in course: 1:17:57

Rank in category: 2(of 13)

Best time in the category: 1:28:24

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	10.60	47:21	4:28	2	3:44	11	7:59	10.60	47:21	4:28	2	3:44	6	7:59
Last lap Ziel Inse	10.50	44:46	4:15	1	-	3	6:11	21.10	1:32:07	4:21	2	3:43	5	14:10