



9. Schlaubetalmarathon  
Eisenhüttenstadt / 17.10.2015

Detailed evaluation

Dr. Frahnw, Roman

Club: DC/DC Runners Frankfurt (Oder)  
Number: 384

Course: 21.10 km  
Eisenhüttenstädter Cross-Halbmarathon

Category:  
Senioren M35 (35-39 Jahre)

Total time: 1:46:18

Speed: 11.85 km/h

Rank in course/Total: 39 (of 114)

Rank in course/Men: 37 (of 86)

Best time in course: 1:13:19

Rank in category: 5(of 13)

Best time in the category: 1:27:09

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	10.60	53:48	11.15	5	9:19	37	15:48	10.60	53:48	11.15	5	9:19	37	15:48
Last lap Inselhall	10.50	52:30	11.43	4	9:50	33	17:11	21.10	1:46:18	11.85	5	19:09	37	32:59