



9. Schlaubetalmarathon
Eisenhüttenstadt / 17.10.2015

Detailed evaluation

Ben-Porath, Sagi

Club: Berlin
Number: 656

Course: 43.00 km
Schlaubetal-Marathon

Category:
Senioren M30 (30-34 Jahre)

Total time: 4:31:12

Speed: 9.51 km/h

Rank in course/Total: 65 (of 105)

Rank in course/Men: 55 (of 81)

Best time in course: 2:58:33

Rank in category: 6(of 7)

Best time in the category: 3:11:58

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	11.60	1:10:25	9.37	7	21:12	71	23:49	11.60	1:10:25	9.37	7	21:12	71	23:49
Lap 2	9.90	1:03:28	8.51	7	19:01	61	20:31	21.50	2:13:53	9.41	7	40:13	64	44:06
Lap 3	11.10	1:15:18	8.76	7	22:08	57	26:52	32.60	3:29:11	9.18	7	1:02:21	62	1:10:58
Last lap Inselhall	10.40	1:02:01	9.67	5	17:24	45	21:41	43.00	4:31:12	9.51	6	1:19:14	55	1:32:39