



10. Schlaubetalmarathon
Eisenhüttenstadt / 15.10.2016

Detailed evaluation

Niehage, Lutz

Club: Maschsee-Sharks Hannover
Number: 322

Course: 21.10 km
Eisenhüttenstädter Cross-Halbmarathon

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:53:54

Speed: 11.06 km/h

Rank in course/Total: 31 (of 107)

Rank in course/Men: 28 (of 79)

Best time in course: 1:20:45

Rank in category: 8(of 13)

Best time in the category: 1:38:36

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	55:54	10.73	7	5:16	24	15:41	10.60	55:54	10.73	7	5:16	24	15:41
Last lap Inselhall	10.50	58:00	10.34	9	10:20	33	17:28	21.10	1:53:54	11.06	8	15:18	28	33:09