



10. Schlaubetalmarathon
Eisenhüttenstadt / 15.10.2016

Detailed evaluation

Rose, Frank

Club: Berlin
Number: 403

Course: 21.10 km
Eisenhüttenstädter Cross-Halbmarathon

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:16:05

Speed: 9.30 km/h

Rank in course/Total: 73 (of 107)

Rank in course/Men: 58 (of 79)

Best time in course: 1:20:45

Rank in category: 9(of 12)

Best time in the category: 1:43:05

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	km/h	Cat.	Cat.	Men	Men	km	Time	km/h	Cat.	Cat.	Men	Men
Lap 1	10.60	1:07:58	9.36	9	15:17	63	27:45	10.60	1:07:58	9.36	9	15:17	63	27:45
Last lap Inselhall	10.50	1:08:07	9.25	9	17:43	58	27:35	21.10	2:16:05	9.30	9	33:00	58	55:20