



10. Schlaubetalmarathon
Eisenhüttenstadt / 15.10.2016

Detailed evaluation

Geiseler, Steffen

Club: Frankfurt (Oder)
Number: 645

Course: 43.00 km
Schlaubetal-Marathon

Category:
Senioren M30 (30-34 Jahre)

Total time: 3:28:42

Speed: 12.36 km/h

Rank in course/Total: 10 (of 132)

Rank in course/Men: 10 (of 105)

Best time in course: 2:59:41

Rank in category: 4(of 6)

Best time in the category: 3:17:06

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	54:38	12.08	4	5:13	13	9:13	11.60	54:38	12.08	4	5:13	13	9:13
Lap 2	9.90	49:03	11.01	4	3:14	11	6:49	21.50	1:43:41	12.15	4	8:22	12	16:02
Lap 3	11.10	55:14	11.95	3	4:23	9	5:39	32.60	2:38:55	12.08	4	12:44	10	21:41
Last lap Inselhall	10.40	49:47	12.05	2	5:20	11	7:20	43.00	3:28:42	12.36	4	11:36	10	29:01