



10. Schlaubetalmarathon

Eisenhüttenstadt / 15.10.2016

Detailed evaluation

Seifert, Guido

Club: Cottbuser Laufsocken
Number: 734

Course: 43.00 km
Schlaubetal-Marathon

Category:
Senioren M35 (35-39 Jahre)

Total time: 4:11:00

Speed: 10.28 km/h

Rank in course/Total: 61 (of 132)

Rank in course/Men: 55 (of 105)

Best time in course: 2:59:41

Rank in category: 11(of 16)

Best time in the category: 3:19:35

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split km/h	Pos Cat.	Behind Cat.	Stage score		Total ranking							
						Pos Men	Behind Men	Total km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	11.60	1:07:41	9.75	13	20:12	82	22:16	11.60	1:07:41	9.75	13	20:12	82	22:16	
Lap 2	9.90	58:19	9.26	11	12:28	56	16:05	21.50	2:06:00	10.00	13	30:41	74	38:21	
Lap 3	11.10	1:09:19	9.52	12	15:51	58	19:44	32.60	3:15:19	9.83	13	46:32	67	58:05	
Last lap Inselhall	10.40	55:41	10.78	7	6:59	33	13:14	43.00	4:11:00	10.28	11	51:25	55	1:11:19	