



5. Weidatal Marathon

Turnerheim Weißendorf bei Zeulenroda / 14.09.2008

Detailed evaluation

KARSUPKE, Frank

Club: Kanu Altenburg

Number: 501

Course: 42.22 km

Marathon

Category:

Männer M45

Total time: 4:53:01

Speed: 8.60 km/h

Running performance: 6:47 min/km

Rank in course/Total: 30 (of 40)

Rank in course/Men: 26 (of 33)

Best time in course: 3:20:49

Rank in category: 4(of 4)

Best time in the category: 3:54:57

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Staumauer	5.70	1:36:53	16:59	4	9:34	29	1:11:52	5.70	1:36:53	16:59	4	9:34	7	5:16
Weißer Stein	11.00	14:47	1:20	1	-	6	10:20	16.70	1:51:40	6:41	4	-	7	-
Durchlauf	4.90	1:34:04	19:11	4	1:07:49	24	1:10:55	21.60	3:25:44	9:31	4	36:00	7	47:55
Control	-	fehlt!	-	-	-	-	-	21.60	-	-	-	-	-	-
Control	-	54:55	-	3	16:36	6	16:36	21.60	4:20:39	-	3	45:00	7	1:09:42
Ziel Lauf	11.00	32:22	2:56	2	0:07	3	7:34	42.22	4:53:01	6:56	4	58:04	28	3:04:46