



2. Schlaubetal-Marathon

Eisenhüttenstadt / 18.10.2008

Detailed evaluation

Brunkow, Nico

Club: Vollssport Frankfurt/Oder
Number: 600

Course: 42.19 km
Marathon Lauf

Category:
Männer M30

Total time: 4:02:39

Speed: 10.43 km/h
Running performance: 5:45 min/km

Rank in course/Total: 48 (of 96)

Rank in course/Men: 44 (of 77)

Best time in course: 2:54:19

Rank in category: 7(of 9)

Best time in the category: 3:08:55

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
Lap 1	10.00	51:41	5:10	6	7:42	27	10:50	10.00	51:41	5:10	6	5:39	12	
Lap 2	13.60	1:08:12	5:00	6	9:45	28	15:42	23.60	1:59:53	5:04	7	15:24	64	
Lap 3	7.20	48:49	6:46	6	12:44	44	15:06	30.80	2:48:42	5:28	7	28:08	11	
Last lap Finish	11.39	1:13:57	6:29	7	25:36	54	28:10	42.19	4:02:39	5:45	7	53:44	44	1:08:20