



2. Schlaubetal-Marathon

Eisenhüttenstadt / 18.10.2008

Detailed evaluation

Kösling, Holger

Club: 101 Marathon Club
Number: 676

Course: 42.19 km
Marathon Lauf

Category:
Männer M50

Total time: 4:51:53

Speed: 8.63 km/h
Running performance: 6:55 min/km

Rank in course/Total: 83 (of 96)

Rank in course/Men: 68 (of 77)

Best time in course: 2:54:19

Rank in category: 9(of 10)

Best time in the category: 3:36:34

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	10.00	1:02:33	6:15	9	13:28	66	21:42	10.00	1:02:33	6:15	9	13:28	71	5:31
Lap 2	13.60	1:24:44	6:13	8	20:59	63	32:14	23.60	2:27:17	6:14	7	34:27	25	9:44
Lap 3	7.20	58:57	8:11	8	16:29	64	25:14	30.80	3:26:14	6:41	7	50:56	19	31:16
Last lap Finish	11.39	1:25:39	7:31	9	26:37	69	39:52	42.19	4:51:53	6:55	9	1:15:19	68	1:57:34