



4. Schlaubetal-Marathon

Eisenhüttenstadt / 23.10.2010

Detailed evaluation

Meyer, Manfred

Club: BSG Edeka Minden - Hannover
Number: 428

Course: 21.10 km
Cross-Halbmarathon

Category:
Männer M45

Total time: 1:56:37

Speed: 10.80 km/h
Running performance: 5:32 min/km

Rank in course/Total: 64 (of 127)

Rank in course/Men: 55 (of 101)

Best time in course: 1:22:06

Rank in category: 16(of 25)

Best time in the category: 1:26:24

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	10.60	59:06	5:34	17	15:48	67	16:56	10.60	59:06	5:34	11	4:01	15	2:48
Last lap Finish	10.50	57:31	5:28	12	14:25	47	17:35	21.10	1:56:37	5:31	16	30:13	55	34:31