



## 4. Schlaubetal-Marathon

Eisenhüttenstadt / 23.10.2010

### Detailed evaluation

**Marth, Heiko**

Club: Irrläufer Frankfurt (Oder)  
Number: 377

Course: 21.10 km  
Cross-Halbmarathon

Category:  
Männer M50

Total time: 1:57:41

Speed: 10.71 km/h  
Running performance: 5:35 min/km

Rank in course/Total: 67 (of 127)

Rank in course/Men: 57 (of 101)

Best time in course: 1:22:06

Rank in category: 7(of 15)

Best time in the category: 1:44:26

### 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 | 58:22 | 5:30   | 8    | 6:46   | 58  | 16:12  | 10.60 | 58:22   | 5:30   | 7    | 6:46   | 20  | 2:04   |
| Last lap Finish | 10.50 | 59:19 | 5:38   | 8    | 6:29   | 58  | 19:23  | 21.10 | 1:57:41 | 5:34   | 7    | 13:15  | 57  | 35:35  |