



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