



4. Schlaubetal-Marathon

Eisenhüttenstadt / 23.10.2010

Detailed evaluation

Hennemann, Mike

Club: TUS Sumip&rke
Number: 441

Course: 21.10 km
Cross-Halbmarathon

Category:
Männer M45

Total time: 1:59:43

Speed: 10.57 km/h
Running performance: 5:40 min/km

Rank in course/Total: 75 (of 127)

Rank in course/Men: 65 (of 101)

Best time in course: 1:22:06

Rank in category: 17(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	1:01:37	5:48	21	18:19	79	19:27	10.60	1:01:37	5:48	10	6:32	12	5:19
Last lap Finish	10.50	58:06	5:31	14	15:00	51	18:10	21.10	1:59:43	5:40	17	33:19	65	37:37