



4. Schlaubetal-Marathon
Eisenhüttenstadt / 23.10.2010

Detailed evaluation

Pommerening, Mirko

Club: Eisenhüttenstadt
Number: 357

Course: 21.10 km
Cross-Halbmarathon

Category:
Männer M35

Total time: 1:59:55

Speed: 10.51 km/h
Running performance: 5:41 min/km

Rank in course/Total: 76 (of 127)

Rank in course/Men: 66 (of 101)

Best time in course: 1:22:06

Rank in category: 8(of 11)

Best time in the category: 1:41:31

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	59:36	5:37	7	9:30	70	17:26	10.60	59:36	5:37	8	9:30	11	3:18
Last lap Finish	10.50	1:00:19	5:44	8	9:30	63	20:23	21.10	1:59:55	5:40	8	18:24	66	37:49