



4. Schlaubetal-Marathon
Eisenhüttenstadt / 23.10.2010

Detailed evaluation

Lange, Ulf

Club: Eisenhüttenstadt
Number: 393

Course: 21.10 km
Cross-Halbmarathon

Category:
Männer M40

Total time: 2:01:24

Speed: 10.38 km/h
Running performance: 5:45 min/km

Rank in course/Total: 81 (of 127)

Rank in course/Men: 71 (of 101)

Best time in course: 1:22:06

Rank in category: 13(of 22)

Best time in the category: 1:34:02

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	1:02:04	5:51	17	14:32	82	19:54	10.60	1:02:04	5:51	10	6:41	6	5:46
Last lap Finish	10.50	59:20	5:39	12	12:50	59	19:24	21.10	2:01:24	5:45	13	27:22	71	39:18