



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: 10.43 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 km | Split Time | Split min/km | Pos Cat. | Behind Cat. | Stage score | | Total ranking | | | | | | |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
| | | | | | | Pos Men | Behind Men | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Men | Behind 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 |