



4. Schlaubetal-Marathon
Eisenhüttenstadt / 23.10.2010

Detailed evaluation

Polster, Christian

Club: Eisenhüttenstadt
Number: 422

Course: 21.10 km
Cross-Halbmarathon

Category:
Männer M55

Total time: 2:02:54

Speed: 10.30 km/h
Running performance: 5:49 min/km

Rank in course/Total: 82 (of 127)

Rank in course/Men: 72 (of 101)

Best time in course: 1:22:06

Rank in category: 6(of 7)

Best time in the category: 1:26:05

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	1:01:40	5:49	7	18:21	81	19:30	10.60	1:01:40	5:49	6	18:21	5	5:22
Last lap Finish	10.50	1:01:14	5:49	5	18:28	67	21:18	21.10	2:02:54	5:49	6	36:49	72	40:48