



4. Schlaubetal-Marathon

Eisenhüttenstadt / 23.10.2010

Detailed evaluation

Heinz, Sören

Club: Turbine Strongman
Number: 317

Course: 21.10 km
Cross-Halbmarathon

Category:
Männer M40

Total time: 2:06:12

Speed: 10.03 km/h
Running performance: 5:59 min/km

Rank in course/Total: 90 (of 127)

Rank in course/Men: 80 (of 101)

Best time in course: 1:22:06

Rank in category: 17(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	59:43	5:38	15	12:11	72	17:33	10.60	59:43	5:38	6	4:20	47	3:25
Last lap Finish	10.50	1:06:29	6:19	17	19:59	79	26:33	21.10	2:06:12	5:58	17	32:10	80	44:06