



4. Schlaubetal-Marathon

Eisenhüttenstadt / 23.10.2010

Detailed evaluation

Lüders, Niels-Olaf

Club: Storkow

Number: 318

Course: 21.10 km

Cross-Halbmarathon

Category:

Männer M40

Total time: 2:11:38

Speed: 9.57 km/h

Running performance: 6:14 min/km

Rank in course/Total: 103 (of 127)

Rank in course/Men: 88 (of 101)

Best time in course: 1:22:06

Rank in category: 20(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	1:04:10	6:03	18	16:38	85	22:00	10.60	1:04:10	6:03	3	8:47	26	7:52
Last lap Finish	10.50	1:07:28	6:25	20	20:58	87	27:32	21.10	2:11:38	6:14	20	37:36	88	49:32