



4. Schlaubetal-Marathon
Eisenhüttenstadt / 23.10.2010

Detailed evaluation

Palm, Ingo

Club: Polizei Berlin Pankow
Number: 340

Course: 21.10 km
Cross-Halbmarathon

Category:
Männer M50

Total time: 2:19:54

Speed: 9.01 km/h
Running performance: 6:38 min/km

Rank in course/Total: 112 (of 127)

Rank in course/Men: 93 (of 101)

Best time in course: 1:22:06

Rank in category: 15(of 15)

Best time in the category: 1:44:26

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	1:05:30	6:10	15	13:54	89	23:20	10.60	1:05:30	6:10	15	13:54	35	9:12
Last lap Finish	10.50	1:14:24	7:05	15	21:34	92	34:28	21.10	2:19:54	6:37	15	35:28	93	57:48