



4. Schlaubetal-Marathon

Eisenhüttenstadt / 23.10.2010

Detailed evaluation

Effenberger, Rene

Club: Running Team Herzberg/E.
Number: 343

Course: 21.10 km
Cross-Halbmarathon

Category:
Männer M35

Total time: 2:34:04

Speed: 8.18 km/h
Running performance: 7:18 min/km

Rank in course/Total: 124 (of 127)

Rank in course/Men: 100 (of 101)

Best time in course: 1:22:06

Rank in category: 11(of 11)

Best time in the category: 1:41:31

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	1:13:35	6:56	11	23:29	98	31:25	10.60	1:13:35	6:56	11	23:29	28	17:17
Last lap Finish	10.50	1:20:29	7:39	11	29:40	98	40:33	21.10	2:34:04	7:18	11	52:33	100	1:11:58