



# 4. Schlaubetal-Marathon

Eisenhüttenstadt / 23.10.2010

## Detailed evaluation

**Paul, Torsten**

Club: TLV Rangsdorf  
Number: 670

Course: 42.19 km  
Marathon

Category:  
Männer M40

Total time: 3:10:48

Speed: 13.27 km/h  
Running performance: 4:31 min/km

Rank in course/Total: 3 (of 99)

Rank in course/Men: 3 (of 82)

Best time in course: 2:57:08

Rank in category: 2(of 19)

Best time in the category: 3:10:05

Intermediate times					Stage score				Total ranking					
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	11.60	51:37	4:26	3	2:07	5	4:52	11.60	51:37	4:26	19			61
Lap 2	18.40	1:22:51	4:30	3	0:47	4	4:31	30.00	2:14:28	4:28	19			60
Lap 3	3.50	12:59	3:42	3	0:11	4	0:51	33.50	2:27:27	4:24	19			61
Last lap Finish	8.69	43:21	4:59	3	2:33	4	3:26	42.19	3:10:48	4:31	2	0:43	3	13:40