



# 4. Schlaubetal-Marathon

Eisenhüttenstadt / 23.10.2010

## Detailed evaluation

**Prochaska, Jan**

Club: LG Nord Berlin Ultrateam  
Number: 678

Course: 42.19 km  
Marathon

Category:  
Männer M40

Total time: 3:12:44

Speed: 13.08 km/h  
Running performance: 4:34 min/km

Rank in course/Total: 4 (of 99)

Rank in course/Men: 4 (of 82)

Best time in course: 2:57:08

Rank in category: 3(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.	Stage score		Total ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	11.60	55:01	4:44	5	5:31	12	8:16	11.60	55:01	4:44	17			59	
Lap 2	18.40	1:24:07	4:34	4	2:03	5	5:47	30.00	2:19:08	4:38	17			58	
Lap 3	3.50	12:48	3:39	1	-	2	0:40	33.50	2:31:56	4:32	17			59	
Last lap Finish	8.69	40:48	4:41	1	-	2	0:53	42.19	3:12:44	4:34	3	2:39		4	15:36