



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: 13.13 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.	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