



4. Schlaubetal-Marathon

Eisenhüttenstadt / 23.10.2010

Detailed evaluation

Knop, Christopher

Club: Blau Weiß Lenzen
Number: 603

Course: 42.19 km
Marathon

Category:
Männer M20

Total time: 3:25:13

Speed: 12.34 km/h
Running performance: 4:52 min/km

Rank in course/Total: 10 (of 99)

Rank in course/Men: 10 (of 82)

Best time in course: 2:57:08

Rank in category: 2(of 8)

Best time in the category: 2:57:08

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	55:14	4:45	3	8:29	16	8:29	11.60	55:14	4:45	2	8:29	54	
Lap 2	18.40	1:28:43	4:49	2	10:23	10	10:23	30.00	2:23:57	4:47	2	18:52	53	
Lap 3	3.50	14:19	4:05	2	2:11	11	2:11	33.50	2:38:16	4:43	2	21:03	54	
Last lap Finish	8.69	46:57	5:24	2	7:02	9	7:02	42.19	3:25:13	4:51	2	28:05	10	28:05