



4. Schlaubetal-Marathon

Eisenhüttenstadt / 23.10.2010

Detailed evaluation

Krause, Thilo

Club: MSV Tripoint Frankfurt (Oder)
Number: 617

Course: 42.19 km
Marathon

Category:
Männer M40

Total time: 3:29:09

Speed: 12.05 km/h
Running performance: 4:58 min/km

Rank in course/Total: 11 (of 99)

Rank in course/Men: 11 (of 82)

Best time in course: 2:57:08

Rank in category: 7(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	53:22	4:36	4	3:52	9	6:37	11.60	53:22	4:36	14			42	
Lap 2	18.40	1:29:20	4:51	7	7:16	12	11:00	30.00	2:22:42	4:45	14			42	
Lap 3	3.50	14:36	4:10	8	1:48	13	2:28	33.50	2:37:18	4:41	14			42	
Last lap Finish	8.69	51:51	5:57	9	11:03	23	11:56	42.19	3:29:09	4:57	7	19:04		11	32:01