



4. Schlaubetal-Marathon

Eisenhüttenstadt / 23.10.2010

Detailed evaluation

Szameitat, Mike

Club: Rennsemmel
Number: 692

Course: 42.19 km
Marathon

Category:
Männer M45

Total time: 3:32:16

Speed: 11.87 km/h
Running performance: 5:02 min/km

Rank in course/Total: 15 (of 99)

Rank in course/Men: 15 (of 82)

Best time in course: 2:57:08

Rank in category: 2(of 22)

Best time in the category: 3:19:12

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	54:32	4:42	2	3:54	11	7:47	11.60	54:32	4:42	22			49	
Lap 2	18.40	1:32:06	5:00	3	6:05	16	13:46	30.00	2:26:38	4:53	22			48	
Lap 3	3.50	15:17	4:21	4	1:02	21	3:09	33.50	2:41:55	4:49	22			49	
Last lap Finish	8.69	50:21	5:47	5	4:00	18	10:26	42.19	3:32:16	5:01	2	13:04	15	35:08	