



4. Schlaubetal-Marathon  
Eisenhüttenstadt / 23.10.2010

Detailed evaluation

**Birndt, Uwe**

Club: Brand-Erbisdorf  
Number: 669

Course: 42.19 km  
Marathon

Category:  
Männer M45

Total time: 3:33:13

Speed: 11.82 km/h  
Running performance: 5:03 min/km

Rank in course/Total: 16 (of 99)

Rank in course/Men: 16 (of 82)

Best time in course: 2:57:08

Rank in category: 3(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	56:30	4:52	3	5:52	20	9:45	11.60	56:30	4:52	21			48
Lap 2	18.40	1:31:58	4:59	2	5:57	15	13:38	30.00	2:28:28	4:56	21			47
Lap 3	3.50	15:19	4:22	5	1:04	25	3:11	33.50	2:43:47	4:53	21			48
Last lap Finish	8.69	49:26	5:41	3	3:05	14	9:31	42.19	3:33:13	5:03	3	14:01	16	36:05