



4. Schlaubetal-Marathon

Eisenhüttenstadt / 23.10.2010

Detailed evaluation

Christ, Rainer

Club: Berlin
Number: 657

Course: 42.19 km
Marathon

Category:
Männer M45

Total time: 3:35:01

Speed: 11.72 km/h
Running performance: 5:06 min/km

Rank in course/Total: 17 (of 99)

Rank in course/Men: 17 (of 82)

Best time in course: 2:57:08

Rank in category: 4(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	11.60	58:20	5:01	4	7:42	29	11:35	11.60	58:20	5:01	20		47	
Lap 2	18.40	1:32:25	5:01	4	6:24	18	14:05	30.00	2:30:45	5:01	20		46	
Lap 3	3.50	14:38	4:10	2	0:23	14	2:30	33.50	2:45:23	4:56	20		47	
Last lap Finish	8.69	49:38	5:42	4	3:17	15	9:43	42.19	3:35:01	5:05	4	15:49	17	37:53