



4. Schlaubetal-Marathon

Eisenhüttenstadt / 23.10.2010

Detailed evaluation

Münnich, Sebastian

Club: MSV Tripoint Ffo.
Number: 637

Course: 42.19 km
Marathon

Category:
Männer M30

Total time: 3:37:42

Speed: 11.58 km/h
Running performance: 5:10 min/km

Rank in course/Total: 20 (of 99)

Rank in course/Men: 20 (of 82)

Best time in course: 2:57:08

Rank in category: 1(of 5)

Best time in the category: 3:37:42

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	56:54	4:54	3	3:37	21	10:09	11.60	56:54	4:54	1	-	44	
Lap 2	18.40	1:33:18	5:04	1	-	19	14:58	30.00	2:30:12	5:00	1	-	43	
Lap 3	3.50	14:50	4:14	1	-	16	2:42	33.50	2:45:02	4:55	1	-	44	
Last lap Finish	8.69	52:40	6:03	2	1:59	28	12:45	42.19	3:37:42	5:09	1	-	20	40:34