



4. Schlaubetal-Marathon

Eisenhüttenstadt / 23.10.2010

Detailed evaluation

Dietz, Ralph

Club: 100 Marathon Club
Number: 650

Course: 42.19 km
Marathon

Category:
Männer M45

Total time: 3:38:10

Speed: 11.55 km/h
Running performance: 5:10 min/km

Rank in course/Total: 22 (of 99)

Rank in course/Men: 22 (of 82)

Best time in course: 2:57:08

Rank in category: 5(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	59:07	5:05	6	8:29	34	12:22	11.60	59:07	5:05	19			53	
Lap 2	18.40	1:37:35	5:18	6	11:34	28	19:15	30.00	2:36:42	5:13	18			77	
Lap 3	3.50	15:07	4:19	3	0:52	19	2:59	33.50	2:51:49	5:07	19			53	
Last lap Finish	8.69	46:21	5:20	1	-	7	6:26	42.19	3:38:10	5:10	5	18:58		22	41:02