



4. Schlaubetal-Marathon  
Eisenhüttenstadt / 23.10.2010

Detailed evaluation

**Buchan, Rudolf**

Club: Spremberger Spreeläufer  
Number: 686

Course: 42.19 km  
Marathon

Category:  
Männer M55

Total time: 3:42:07

Speed: 11.35 km/h  
Running performance: 5:16 min/km

Rank in course/Total: 23 (of 99)

Rank in course/Men: 23 (of 82)

Best time in course: 2:57:08

Rank in category: 1(of 9)

Best time in the category: 3:42:07

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	58:40	5:03	1	-	30	11:55	11.60	58:40	5:03	1	-	82	
Lap 2	18.40	1:35:58	5:12	1	-	25	17:38	30.00	2:34:38	5:09	1	-	66	
Lap 3	3.50	15:06	4:18	1	-	18	2:58	33.50	2:49:44	5:03	1	-	82	
Last lap Finish	8.69	52:23	6:01	2	1:44	26	12:28	42.19	3:42:07	5:15	1	-	23	44:59