



4. Schlaubetal-Marathon

Eisenhüttenstadt / 23.10.2010

Detailed evaluation

Hilbert, Michael

Club: Waldläufer Grünheide
Number: 614

Course: 42.19 km
Marathon

Category:
Männer M50

Total time: 3:45:29

Speed: 11.18 km/h
Running performance: 5:20 min/km

Rank in course/Total: 28 (of 99)

Rank in course/Men: 28 (of 82)

Best time in course: 2:57:08

Rank in category: 3(of 11)

Best time in the category: 3:19:35

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Lap 1	11.60	1:02:13	5:21	6	7:11	51	15:28	11.60	1:02:13	5:21	3	7:11	77	0:39
Lap 2	18.40	1:38:44	5:21	4	14:23	31	20:24	30.00	2:40:57	5:21	3	21:34	76	
Lap 3	3.50	14:54	4:15	2	1:24	17	2:46	33.50	2:55:51	5:14	3	22:58	77	
Last lap Finish	8.69	49:38	5:42	2	2:56	15	9:43	42.19	3:45:29	5:20	3	25:54	28	48:21