



4. Schlaubetal-Marathon

Eisenhüttenstadt / 23.10.2010

Detailed evaluation

Knefel, Günter

Club: Reinickendorfer Füchse Berlin
Number: 690

Course: 42.19 km
Marathon

Category:
Männer M55

Total time: 3:46:36

Speed: 11.17 km/h
Running performance: 5:22 min/km

Rank in course/Total: 29 (of 99)

Rank in course/Men: 29 (of 82)

Best time in course: 2:57:08

Rank in category: 2(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	11.60	1:01:16	5:16	4	2:36	45	14:31	11.60	1:01:16	5:16	2	2:36	76	
Lap 2	18.40	1:39:24	5:24	3	3:26	34	21:04	30.00	2:40:40	5:21	2	6:02	75	
Lap 3	3.50	15:17	4:21	2	0:11	21	3:09	33.50	2:55:57	5:15	2	6:13	76	
Last lap Finish	8.69	50:39	5:49	1	-	19	10:44	42.19	3:46:36	5:22	2	4:29	29	49:28