



4. Schlaubetal-Marathon  
Eisenhüttenstadt / 23.10.2010

Detailed evaluation

Koch, Dirk

Club: BSG Pneumant Fürstenwalde  
Number: 705

Course: 42.19 km  
Marathon

Category:  
Männer M40

Total time: 3:49:31

Speed: 11.03 km/h  
Running performance: 5:26 min/km

Rank in course/Total: 34 (of 99)

Rank in course/Men: 34 (of 82)

Best time in course: 2:57:08

Rank in category: 10(of 19)

Best time in the category: 3:10:05

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	1:00:57	5:15	12	11:27	42	14:12	11.60	1:00:57	5:15	1	-	71	
Lap 2	18.40	1:40:21	5:27	11	18:17	38	22:01	30.00	2:41:18	5:22	1	-	70	
Lap 3	3.50	16:09	4:36	10	3:21	30	4:01	33.50	2:57:27	5:17	1	-	71	
Last lap Finish	8.69	52:04	5:59	10	11:16	25	12:09	42.19	3:49:31	5:26	10	39:26	34	52:23