



4. Schlaubetal-Marathon
Eisenhüttenstadt / 23.10.2010

Detailed evaluation

Stegemann, Carsten

Club: STG Lichtenberg-Pagram
Number: 672

Course: 42.19 km
Marathon

Category:
Männer M40

Total time: 3:50:13

Speed: 10.95 km/h
Running performance: 5:28 min/km

Rank in course/Total: 35 (of 99)

Rank in course/Men: 35 (of 82)

Best time in course: 2:57:08

Rank in category: 11(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.	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	57:04	4:55	9	7:34	23	10:19	11.60	57:04	4:55	10			70	
Lap 2	18.40	1:35:54	5:12	10	13:50	24	17:34	30.00	2:32:58	5:05	10			69	
Lap 3	3.50	18:20	5:14	15	5:32	55	6:12	33.50	2:51:18	5:06	10			70	
Last lap Finish	8.69	58:55	6:46	13	18:07	47	19:00	42.19	3:50:13	5:27	11	40:08		35	53:05