



4. Schlaubetal-Marathon  
Eisenhüttenstadt / 23.10.2010

Detailed evaluation

Thurau, Thomas

Club: BSG Pneumant Fürstenwalde  
Number: 604

Course: 42.19 km  
Marathon

Category:  
Männer M45

Total time: 3:52:12

Speed: 10.90 km/h  
Running performance: 5:30 min/km

Rank in course/Total: 40 (of 99)

Rank in course/Men: 40 (of 82)

Best time in course: 2:57:08

Rank in category: 8(of 22)

Best time in the category: 3:19:12

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	58:55	5:04	5	8:17	31	12:10	11.60	58:55	5:04	16			65	
Lap 2	18.40	1:41:55	5:32	10	15:54	40	23:35	30.00	2:40:50	5:21	16			64	
Lap 3	3.50	17:14	4:55	13	2:59	46	5:06	33.50	2:58:04	5:18	16			65	
Last lap Finish	8.69	54:08	6:13	8	7:47	32	14:13	42.19	3:52:12	5:30	8	33:00		40	55:04