



4. Schlaubetal-Marathon

Eisenhüttenstadt / 23.10.2010

Detailed evaluation

Jäger, Reiner

Club: Friedrichshagener SV
Number: 619

Course: 42.19 km
Marathon

Category:
Männer M45

Total time: 4:00:48

Speed: 10.51 km/h
Running performance: 5:43 min/km

Rank in course/Total: 46 (of 99)

Rank in course/Men: 44 (of 82)

Best time in course: 2:57:08

Rank in category: 11(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	11.60	59:53	5:09	9	9:15	37	13:08	11.60	59:53	5:09	13		20	
Lap 2	18.40	1:39:38	5:24	7	13:37	36	21:18	30.00	2:39:31	5:19	13		20	
Lap 3	3.50	17:33	5:00	14	3:18	47	5:25	33.50	2:57:04	5:17	13		20	
Last lap Finish	8.69	1:03:44	7:20	16	17:23	56	23:49	42.19	4:00:48	5:42	11	41:36	44	1:03:40