



4. Schlaubetal-Marathon

Eisenhüttenstadt / 23.10.2010

Detailed evaluation

Janiszewski, Günter

Club: TV Fürstenwalde
Number: 699

Course: 42.19 km
Marathon

Category:
Männer M50

Total time: 4:01:05

Speed: 10.45 km/h
Running performance: 5:43 min/km

Rank in course/Total: 47 (of 99)

Rank in course/Men: 45 (of 82)

Best time in course: 2:57:08

Rank in category: 5(of 11)

Best time in the category: 3:19:35

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	11.60	58:14	5:01	3	3:12	25	11:29	11.60	58:14	5:01	5	3:12	19	
Lap 2	18.40	1:48:38	5:54	7	24:17	54	30:18	30.00	2:46:52	5:33	5	27:29	19	3:03
Lap 3	3.50	16:37	4:44	5	3:07	39	4:29	33.50	3:03:29	5:28	5	30:36	19	1:28
Last lap Finish	8.69	57:36	6:37	6	10:54	45	17:41	42.19	4:01:05	5:42	5	41:30	45	1:03:57