



4. Schlaubetal-Marathon

Eisenhüttenstadt / 23.10.2010

Detailed evaluation

Diekmann, Jörg

Club: TV Fürstenwalde
Number: 613

Course: 42.19 km
Marathon

Category:
Männer M45

Total time: 4:02:26

Speed: 10.44 km/h
Running performance: 5:45 min/km

Rank in course/Total: 50 (of 99)

Rank in course/Men: 48 (of 82)

Best time in course: 2:57:08

Rank in category: 12(of 22)

Best time in the category: 3:19:12

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	1:05:39	5:39	17	15:01	66	18:54	11.60	1:05:39	5:39	1	-	16	4:05
Lap 2	18.40	1:44:51	5:41	14	18:50	47	26:31	30.00	2:50:30	5:41	1	-	16	6:41
Lap 3	3.50	16:34	4:44	9	2:19	36	4:26	33.50	3:07:04	5:35	1	-	16	5:03
Last lap Finish	8.69	55:22	6:22	9	9:01	39	15:27	42.19	4:02:26	5:44	12	43:14	48	1:05:18