



4. Schlaubetal-Marathon
Eisenhüttenstadt / 23.10.2010

Detailed evaluation

Poeppel, Marcus

Club: Falkenhagen
Number: 685

Course: 42.19 km
Marathon

Category:
Männer M35

Total time: 4:03:44

Speed: 10.34 km/h
Running performance: 5:47 min/km

Rank in course/Total: 52 (of 99)

Rank in course/Men: 49 (of 82)

Best time in course: 2:57:08

Rank in category: 5(of 6)

Best time in the category: 3:31:13

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Lap 1	11.60	1:00:39	5:13	5	7:46	40	13:54	11.60	1:00:39	5:13	5	1:41	14	
Lap 2	18.40	1:44:34	5:40	5	15:23	46	26:14	30.00	2:45:13	5:30	5	14:01	14	1:24
Lap 3	3.50	17:33	5:00	4	3:28	47	5:25	33.50	3:02:46	5:27	5	17:29	14	0:45
Last lap Finish	8.69	1:00:58	7:00	5	15:02	51	21:03	42.19	4:03:44	5:46	5	32:31	49	1:06:36