



4. Schlaubetal-Marathon
Eisenhüttenstadt / 23.10.2010

Detailed evaluation

Noack, Ronald

Club: Lauffeuer Fröttstädt e.V.
Number: 684

Course: 42.19 km
Marathon

Category:
Männer M45

Total time: 4:08:03

Speed: 10.16 km/h
Running performance: 5:53 min/km

Rank in course/Total: 57 (of 99)

Rank in course/Men: 53 (of 82)

Best time in course: 2:57:08

Rank in category: 14(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	59:23	5:07	8	8:45	36	12:38	11.60	59:23	5:07	10		11	
Lap 2	18.40	1:43:49	5:38	12	17:48	44	25:29	30.00	2:43:12	5:26	10		11	
Lap 3	3.50	18:49	5:22	17	4:34	59	6:41	33.50	3:02:01	5:26	10		1	-
Last lap Finish	8.69	1:06:02	7:35	17	19:41	60	26:07	42.19	4:08:03	5:52	14	48:51	53	1:10:55