



4. Schlaubetal-Marathon

Eisenhüttenstadt / 23.10.2010

Detailed evaluation

Gruber, Martin

Club: TSV Cottbus
Number: 631

Course: 42.19 km
Marathon

Category:
Männer M40

Total time: 4:14:51

Speed: 9.89 km/h
Running performance: 6:02 min/km

Rank in course/Total: 60 (of 99)

Rank in course/Men: 55 (of 82)

Best time in course: 2:57:08

Rank in category: 15(of 19)

Best time in the category: 3:10:05

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	11.60	58:19	5:01	11	8:49	28	11:34	11.60	58:19	5:01	6		9	
Lap 2	18.40	1:53:07	6:08	18	31:03	63	34:47	30.00	2:51:26	5:42	6	10:08	9	7:37
Lap 3	3.50	18:30	5:17	16	5:42	56	6:22	33.50	3:09:56	5:40	6	12:29	9	7:55
Last lap Finish	8.69	1:04:55	7:28	15	24:07	57	25:00	42.19	4:14:51	6:02	15	1:04:46	55	1:17:43