



4. Schlaubetal-Marathon

Eisenhüttenstadt / 23.10.2010

Detailed evaluation

Henniger, Stephan

Club: Frankfurt(Oder)-Nord
Number: 679

Course: 42.19 km
Marathon

Category:
Männer M45

Total time: 4:15:09

Speed: 9.88 km/h
Running performance: 6:03 min/km

Rank in course/Total: 61 (of 99)

Rank in course/Men: 56 (of 82)

Best time in course: 2:57:08

Rank in category: 15(of 22)

Best time in the category: 3:19:12

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Behind	Total		Pos	Behind	Pos		Behind
	km	Time			min/km	Cat.		Cat.	Men			Men	km	
Lap 1	11.60	1:02:10	5:21	12	11:32	50	15:25	11.60	1:02:10	5:21	9		8	0:36
Lap 2	18.40	1:51:45	6:04	16	25:44	58	33:25	30.00	2:53:55	5:47	9	3:25	8	10:06
Lap 3	3.50	19:04	5:26	18	4:49	61	6:56	33.50	3:12:59	5:45	9	5:55	8	10:58
Last lap Finish	8.69	1:02:10	7:09	15	15:49	54	22:15	42.19	4:15:09	6:02	15	55:57	56	1:18:01