



4. Schlaubetal-Marathon

Eisenhüttenstadt / 23.10.2010

Detailed evaluation

Lüttich, Helmut

Club: Nünchritz

Number: 653

Course: 42.19 km

Marathon

Category:

Männer M55

Total time: 4:17:59

Speed: 9.77 km/h

Running performance: 6:07 min/km

Rank in course/Total: 62 (of 99)

Rank in course/Men: 57 (of 82)

Best time in course: 2:57:08

Rank in category: 5(of 9)

Best time in the category: 3:42:07

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	1:00:59	5:15	3	2:19	43	14:14	11.60	1:00:59	5:15	5	2:19	7		
Lap 2	18.40	1:52:30	6:06	6	16:32	61	34:10	30.00	2:53:29	5:46	5	18:51	7	9:40	
Lap 3	3.50	18:35	5:18	5	3:29	57	6:27	33.50	3:12:04	5:44	5	22:20	7	10:03	
Last lap Finish	8.69	1:05:55	7:35	5	15:16	59	26:00	42.19	4:17:59	6:06	5	35:52	57	1:20:51	