



4. Schlaubetal-Marathon

Eisenhüttenstadt / 23.10.2010

Detailed evaluation

Werschun, Mario

Club: Hellas Nauen
Number: 674

Course: 42.19 km
Marathon

Category:
Männer M45

Total time: 4:19:40

Speed: 9.70 km/h
Running performance: 6:09 min/km

Rank in course/Total: 63 (of 99)

Rank in course/Men: 58 (of 82)

Best time in course: 2:57:08

Rank in category: 16(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.	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	1:08:27	5:54	19	17:49	71	21:42	11.60	1:08:27	5:54	8	2:48	6	6:53
Lap 2	18.40	1:52:37	6:07	17	26:36	62	34:17	30.00	3:01:04	6:02	8	10:34	6	17:15
Lap 3	3.50	18:35	5:18	16	4:20	57	6:27	33.50	3:19:39	5:57	8	12:35	6	17:38
Last lap Finish	8.69	1:00:01	6:54	12	13:40	50	20:06	42.19	4:19:40	6:09	16	1:00:28	58	1:22:32