



4. Schlaubetal-Marathon
Eisenhüttenstadt / 23.10.2010

Detailed evaluation

Prüfer, Ralf Michael

Club: Dorits Laufclub
Number: 622

Course: 42.19 km
Marathon

Category:
Männer M45

Total time: 4:30:56

Speed: 9.30 km/h
Running performance: 6:25 min/km

Rank in course/Total: 70 (of 99)

Rank in course/Men: 63 (of 82)

Best time in course: 2:57:08

Rank in category: 18(of 22)

Best time in the category: 3:19:12

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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	1:04:09	5:31	15	13:31	61	17:24	11.60	1:04:09	5:31	6		12	2:35
Lap 2	18.40	1:47:46	5:51	15	21:45	53	29:26	30.00	2:51:55	5:43	6	1:25	12	8:06
Lap 3	3.50	16:15	4:38	7	2:00	32	4:07	33.50	3:08:10	5:37	6	1:06	12	6:09
Last lap Finish	8.69	1:22:46	9:31	22	36:25	75	42:51	42.19	4:30:56	6:25	18	1:11:44	63	1:33:48