



4. Schlaubetal-Marathon

Eisenhüttenstadt / 23.10.2010

Detailed evaluation

Gerhold, Lutz

Club: Beeskow
Number: 663

Course: 42.19 km
Marathon

Category:
Männer M20

Total time: 4:35:41

Speed: 9.14 km/h
Running performance: 6:32 min/km

Rank in course/Total: 76 (of 99)

Rank in course/Men: 66 (of 82)

Best time in course: 2:57:08

Rank in category: 7(of 8)

Best time in the category: 2:57:08

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	1:07:22	5:48	7	20:37	68	20:37	11.60	1:07:22	5:48	7	20:37	39	5:48
Lap 2	18.40	1:56:55	6:21	7	38:35	66	38:35	30.00	3:04:17	6:08	7	59:12	39	20:28
Lap 3	3.50	20:09	5:45	7	8:01	68	8:01	33.50	3:24:26	6:06	7	1:07:13	39	22:25
Last lap Finish	8.69	1:11:15	8:11	8	31:20	66	31:20	42.19	4:35:41	6:32	7	1:38:33	66	1:38:33