



# 4. Schlaubetal-Marathon

Eisenhüttenstadt / 23.10.2010

## Detailed evaluation

**Pfennig, Dirk**

Club: LTSV Forst 1990 e.V.  
Number: 645

Course: 42.19 km  
Marathon

Category:  
Männer M60

Total time: 4:41:10

Speed: 8.96 km/h  
Running performance: 6:40 min/km

Rank in course/Total: 80 (of 99)

Rank in course/Men: 69 (of 82)

Best time in course: 2:57:08

Rank in category: 1(of 1)

Best time in the category: 4:41:10

Intermediate times					Stage score				Total ranking					
Control	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	1:13:15	6:18	1	-	75	26:30	11.60	1:13:15	6:18	1	-	23	11:41
Lap 2	18.40	1:58:30	6:26	1	-	68	40:10	30.00	3:11:45	6:23	1	-	36	27:56
Lap 3	3.50	19:40	5:37	1	-	64	7:32	33.50	3:31:25	6:18	1	-	36	29:24
Last lap Finish	8.69	1:09:45	8:01	1	-	63	29:50	42.19	4:41:10	6:39	1	-	69	1:44:02