



4. Schlaubetal-Marathon

Eisenhüttenstadt / 23.10.2010

Detailed evaluation

Marschallek, Stephan

Club: BSG Edeka Minden Hannover
Number: 695

Course: 42.19 km
Marathon

Category:
Männer M35

Total time: 5:03:14

Speed: 8.31 km/h
Running performance: 7:11 min/km

Rank in course/Total: 90 (of 99)

Rank in course/Men: 77 (of 82)

Best time in course: 2:57:08

Rank in category: 6(of 6)

Best time in the category: 3:31:13

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	1:04:07	5:31	6	11:14	60	17:22	11.60	1:04:07	5:31	6	5:09	28	2:33
Lap 2	18.40	2:13:49	7:16	6	44:38	77	55:29	30.00	3:17:56	6:35	6	46:44	28	34:07
Lap 3	3.50	21:46	6:13	6	7:41	75	9:38	33.50	3:39:42	6:33	6	54:25	28	37:41
Last lap Finish	8.69	1:23:32	9:36	6	37:36	77	43:37	42.19	5:03:14	7:11	6	1:32:01	77	2:06:06