



4. Schlaubetal-Marathon
Eisenhüttenstadt / 23.10.2010

Detailed evaluation

Nelius, Dirk

Club: FSV Dynamo
Number: 612

Course: 42.19 km
Marathon

Category:
Männer M40

Total time: 5:05:23

Speed: 8.29 km/h
Running performance: 7:14 min/km

Rank in course/Total: 91 (of 99)

Rank in course/Men: 78 (of 82)

Best time in course: 2:57:08

Rank in category: 19(of 19)

Best time in the category: 3:10:05

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	1:13:55	6:22	19	24:25	79	27:10	11.60	1:13:55	6:22	2	12:58	27	12:21
Lap 2	18.40	2:12:42	7:12	19	50:38	75	54:22	30.00	3:26:37	6:53	2	45:19	27	42:48
Lap 3	3.50	22:55	6:32	19	10:07	78	10:47	33.50	3:49:32	6:51	2	52:05	27	47:31
Last lap Finish	8.69	1:15:51	8:43	17	35:03	71	35:56	42.19	5:05:23	7:14	19	1:55:18	78	2:08:15