



# 4. Schlaubetal-Marathon

Eisenhüttenstadt / 23.10.2010

## Detailed evaluation

**Abel, Detlev**

Club: Berlin  
Number: 634

Course: 42.19 km  
Marathon

Category:  
Männer M45

Total time: 5:10:37

Speed: 8.11 km/h  
Running performance: 7:22 min/km

Rank in course/Total: 94 (of 99)

Rank in course/Men: 79 (of 82)

Best time in course: 2:57:08

Rank in category: 21(of 22)

Best time in the category: 3:19:12

### Intermediate times

### Stage score

### Total ranking

Control	Split		Pos	Behind	Pos		Behind	Total		Pos	Behind	Pos		Behind
	km	Time			min/km	Cat.		Men	Men			km	Time	
Lap 1	11.60	1:15:22	6:29	22	24:44	81	28:37	11.60	1:15:22	6:29	3	9:43	26	13:48
Lap 2	18.40	2:17:24	7:28	21	51:23	79	59:04	30.00	3:32:46	7:05	3	42:16	26	48:57
Lap 3	3.50	22:03	6:17	21	7:48	76	9:55	33.50	3:54:49	7:00	3	47:45	26	52:48
Last lap Finish	8.69	1:15:48	8:43	19	29:27	70	35:53	42.19	5:10:37	7:21	21	1:51:25	79	2:13:29