



4. Schlaubetal-Marathon

Eisenhüttenstadt / 23.10.2010

Detailed evaluation

Hafemeister, Rolf

Club: Woltersdorf
Number: 658

Course: 42.19 km
Marathon

Category:
Männer M55

Total time: 5:36:45

Speed: 7.52 km/h
Running performance: 7:59 min/km

Rank in course/Total: 98 (of 99)

Rank in course/Men: 82 (of 82)

Best time in course: 2:57:08

Rank in category: 9(of 9)

Best time in the category: 3:42:07

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	9	14:35	75	26:30	11.60	1:13:15	6:18	9	14:35	23	11:41
Lap 2	18.40	2:27:55	8:02	9	51:57	80	1:09:35	30.00	3:41:10	7:22	9	1:06:32	23	57:21
Lap 3	3.50	29:03	8:18	9	13:57	81	16:55	33.50	4:10:13	7:28	9	1:20:29	23	1:08:12
Last lap Finish	8.69	1:26:32	9:57	9	35:53	81	46:37	42.19	5:36:45	7:58	9	1:54:38	82	2:39:37