



4. Schlaubetal-Marathon

Eisenhüttenstadt / 23.10.2010

Detailed evaluation

Schmidt, Heiko

Club: Eisenhüttenstadt
Number: 363

Course: 21.10 km
Cross-Halbmarathon

Category:
Männer M45

Total time: 1:31:39

Speed: 13.81 km/h
Running performance: 4:20 min/km

Rank in course/Total: 4 (of 127)

Rank in course/Men: 4 (of 101)

Best time in course: 1:22:06

Rank in category: 2(of 25)

Best time in the category: 1:26:24

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	10.60	45:20	4:16	2	2:02	4	3:10	10.60	45:20	4:16	24		73	
Last lap Finish	10.50	46:19	4:24	2	3:13	4	6:23	21.10	1:31:39	4:20	2	5:15	4	9:33