



4. Schlaubetal-Marathon

Eisenhüttenstadt / 23.10.2010

Detailed evaluation

Lasser, Michael

Club: Eisenhüttenstadt
Number: 432

Course: 21.10 km
Cross-Halbmarathon

Category:
Männer M40

Total time: 1:37:46

Speed: 12.95 km/h
Running performance: 4:38 min/km

Rank in course/Total: 9 (of 127)

Rank in course/Men: 9 (of 101)

Best time in course: 1:22:06

Rank in category: 4(of 22)

Best time in the category: 1:34:02

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	49:13	4:38	4	1:41	9	7:03	10.60	49:13	4:38	19		68	
Last lap Finish	10.50	48:33	4:37	4	2:03	9	8:37	21.10	1:37:46	4:38	4	3:44	9	15:40