



4. Schlaubetal-Marathon

Eisenhüttenstadt / 23.10.2010

Detailed evaluation

Kreußler, Thomas

Club: Running Team Herzberg/E.
Number: 309

Course: 21.10 km
Cross-Halbmarathon

Category:
Männer M30

Total time: 1:41:42

Speed: 12.39 km/h
Running performance: 4:49 min/km

Rank in course/Total: 14 (of 127)

Rank in course/Men: 14 (of 101)

Best time in course: 1:22:06

Rank in category: 1(of 7)

Best time in the category: 1:41:42

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	51:40	4:52	1	-	18	9:30	10.60	51:40	4:52	1	-	63	
Last lap Finish	10.50	50:02	4:45	2	0:38	12	10:06	21.10	1:41:42	4:49	1	-	14	19:36