



5. Schlaubetal-Marathon  
Eisenhüttenstadt / 15.10.2011

Detailed evaluation

Rückert, Jens

Club: Arnstadt  
Number: 369

Course: 21.10 km  
Cross-Halbmarathon

Category:  
Männer M45

Total time: 1:47:36

Speed: 11.71 km/h  
Running performance: 5:06 min/km

Rank in course/Total: 31 (of 130)

Rank in course/Men: 29 (of 97)

Best time in course: 1:23:55

Rank in category: 6(of 19)

Best time in the category: 1:25:11

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	10.60	54:05	5:06	6	11:56	28	11:56	10.60	54:05	5:06	15			94	
Last lap Finish	10.50	53:31	5:05	6	10:29	31	11:45	21.10	1:47:36	5:05	6	22:25	29	23:41	