



5. Schlaubetal-Marathon
Eisenhüttenstadt / 15.10.2011

Detailed evaluation

Dockter, Frank

Club: Forst
Number: 406

Course: 21.10 km
Cross-Halbmarathon

Category:
Männer M55

Total time: 1:56:46

Speed: 10.79 km/h
Running performance: 5:32 min/km

Rank in course/Total: 60 (of 130)

Rank in course/Men: 55 (of 97)

Best time in course: 1:23:55

Rank in category: 1(of 6)

Best time in the category: 1:56:46

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	58:59	5:33	3	0:47	59	16:50	10.60	58:59	5:33	1	-	20	1:08
Last lap Finish	10.50	57:47	5:30	1	-	48	16:01	21.10	1:56:46	5:32	1	-	55	32:51