



5. Schlaubetal-Marathon

Eisenhüttenstadt / 15.10.2011

Detailed evaluation

Steppat, Michael

Club: Nuthetal
Number: 382

Course: 21.10 km
Cross-Halbmarathon

Category:
Männer M45

Total time: 2:17:43

Speed: 9.15 km/h
Running performance: 6:32 min/km

Rank in course/Total: 111 (of 130)

Rank in course/Men: 87 (of 97)

Best time in course: 1:23:55

Rank in category: 18(of 19)

Best time in the category: 1:25:11

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	1:11:26	6:44	19	29:17	92	29:17	10.60	1:11:26	6:44	3	14:28	37	13:35
Last lap Finish	10.50	1:06:17	6:18	17	23:15	79	24:31	21.10	2:17:43	6:31	18	52:32	87	53:48