



5. Schlaubetal-Marathon
Eisenhüttenstadt / 15.10.2011

Detailed evaluation

Muhs, Matthias

Club: TV Fürstenwalde
Number: 666

Course: 42.19 km
Cross-Marathon

Category:
Männer M45

Total time: 3:14:02

Speed: 12.99 km/h
Running performance: 4:36 min/km

Rank in course/Total: 5 (of 104)

Rank in course/Men: 5 (of 89)

Best time in course: 2:55:05

Rank in category: 2(of 21)

Best time in the category: 3:13:02

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	11.60	48:35	4:11	1	-	3	1:19	11.60	48:35	4:11	21			64
Lap 2	18.40	1:25:26	4:38	1	-	3	8:06	30.00	2:14:01	4:28	20			63
Lap 3	3.50	13:03	3:43	1	-	6	1:31	33.50	2:27:04	4:23	20			63
Last lap Finish	8.69	46:58	5:24	4	2:27	10	9:08	42.19	3:14:02	4:35	2	1:00	5	18:57