



5. Schlaubetal-Marathon
Eisenhüttenstadt / 15.10.2011

Detailed evaluation

Prochaska, Jan

Club: LG Nord Ultrateam
Number: 703

Course: 42.19 km
Cross-Marathon

Category:
Männer M45

Total time: 3:24:52

Speed: 12.30 km/h
Running performance: 4:52 min/km

Rank in course/Total: 10 (of 104)

Rank in course/Men: 9 (of 89)

Best time in course: 2:55:05

Rank in category: 3(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	54:23	4:41	6	5:48	16	7:07	11.60	54:23	4:41	19	1:35	59	
Lap 2	18.40	1:29:35	4:52	3	4:09	8	12:15	30.00	2:23:58	4:47	16		53	
Lap 3	3.50	15:36	4:27	10	2:33	33	4:04	33.50	2:39:34	4:45	19		59	
Last lap Finish	8.69	45:18	5:12	2	0:47	6	7:28	42.19	3:24:52	4:51	3	11:50	9	29:47