



5. Schlaubetal-Marathon
Eisenhüttenstadt / 15.10.2011

Detailed evaluation

KALAT, Josef

Club: AK Litvinov
Number: 625

Course: 42.19 km
Cross-Marathon

Category:
Männer M55

Total time: 3:29:37

Speed: 12.08 km/h
Running performance: 4:58 min/km

Rank in course/Total: 12 (of 104)

Rank in course/Men: 10 (of 89)

Best time in course: 2:55:05

Rank in category: 1(of 7)

Best time in the category: 3:29:37

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	11.60	53:10	4:34	1	-	13	5:54	11.60	53:10	4:34	1	-	58	
Lap 2	18.40	1:32:36	5:01	1	-	12	15:16	30.00	2:25:46	4:51	1	-	58	
Lap 3	3.50	14:12	4:03	2	0:13	13	2:40	33.50	2:39:58	4:46	1	-	58	
Last lap Finish	8.69	49:39	5:42	2	0:35	18	11:49	42.19	3:29:37	4:58	1	-	10	34:32