



5. Schlaubetal-Marathon
Eisenhüttenstadt / 15.10.2011

Detailed evaluation

Springfeldt, Maik

Club: Ultramaik
Number: 671

Course: 42.19 km
Cross-Marathon

Category:
Männer M40

Total time: 3:29:41

Speed: 12.02 km/h
Running performance: 4:58 min/km

Rank in course/Total: 13 (of 104)

Rank in course/Men: 11 (of 89)

Best time in course: 2:55:05

Rank in category: 3(of 20)

Best time in the category: 3:13:29

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	56:26	4:51	6	4:51	24	9:10	11.60	56:26	4:51	19			46	
Lap 2	18.40	1:33:16	5:04	3	5:37	13	15:56	30.00	2:29:42	4:59	19			57	
Lap 3	3.50	13:19	3:48	3	0:38	8	1:47	33.50	2:43:01	4:51	19			57	
Last lap Finish	8.69	46:40	5:22	3	5:06	8	8:50	42.19	3:29:41	4:58	3	16:12		11	34:36