



5. Schlaubetal-Marathon

Eisenhüttenstadt / 15.10.2011

Detailed evaluation

Traeger, Ralf

Club: Großbeeren
Number: 659

Course: 42.19 km
Cross-Marathon

Category:
Männer M45

Total time: 3:31:43

Speed: 11.90 km/h
Running performance: 5:01 min/km

Rank in course/Total: 15 (of 104)

Rank in course/Men: 13 (of 89)

Best time in course: 2:55:05

Rank in category: 5(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	57:10	4:55	12	8:35	32	9:54	11.60	57:10	4:55	17	4:22	55	
Lap 2	18.40	1:34:05	5:06	6	8:39	15	16:45	30.00	2:31:15	5:02	17		55	
Lap 3	3.50	13:39	3:53	3	0:36	9	2:07	33.50	2:44:54	4:55	12		55	
Last lap Finish	8.69	46:49	5:23	3	2:18	9	8:59	42.19	3:31:43	5:01	5	18:41	13	36:38