



5. Schlaubetal-Marathon
Eisenhüttenstadt / 15.10.2011

Detailed evaluation

Prüfer, Michael

Club: Berlin
Number: 640

Course: 42.19 km
Cross-Marathon

Category:
Männer M45

Total time: 3:34:41

Speed: 11.79 km/h
Running performance: 5:05 min/km

Rank in course/Total: 18 (of 104)

Rank in course/Men: 16 (of 89)

Best time in course: 2:55:05

Rank in category: 7(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	57:07	4:55	10	8:32	28	9:51	11.60	57:07	4:55	15	4:19	52	
Lap 2	18.40	1:35:46	5:12	8	10:20	18	18:26	30.00	2:32:53	5:05	15		52	
Lap 3	3.50	14:02	4:00	5	0:59	12	2:30	33.50	2:46:55	4:58	15		52	
Last lap Finish	8.69	47:46	5:29	5	3:15	11	9:56	42.19	3:34:41	5:05	7	21:39	16	39:36