



5. Schlaubetal-Marathon  
Eisenhüttenstadt / 15.10.2011

Detailed evaluation

Pakalski, Norbert

Club: BSG Pneumant Fürstenwalde  
Number: 647

Course: 42.19 km  
Cross-Marathon

Category:  
Männer M50

Total time: 3:35:05

Speed: 11.72 km/h  
Running performance: 5:06 min/km

Rank in course/Total: 19 (of 104)

Rank in course/Men: 17 (of 89)

Best time in course: 2:55:05

Rank in category: 1(of 13)

Best time in the category: 3:35:05

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	52:56	4:33	2	0:06	12	5:40	11.60	52:56	4:33	1	-	51	
Lap 2	18.40	1:33:22	5:04	1	-	14	16:02	30.00	2:26:18	4:52	1	-	51	
Lap 3	3.50	14:36	4:10	1	-	22	3:04	33.50	2:40:54	4:48	1	-	51	
Last lap Finish	8.69	54:11	6:14	3	1:48	34	16:21	42.19	3:35:05	5:05	1	-	17	40:00