



5. Schlaubetal-Marathon
Eisenhüttenstadt / 15.10.2011

Detailed evaluation

Knefel, Günter

Club: Reinickendorfer Füchse Berlin
Number: 690

Course: 42.19 km
Cross-Marathon

Category:
Männer M55

Total time: 3:36:52

Speed: 11.62 km/h
Running performance: 5:08 min/km

Rank in course/Total: 20 (of 104)

Rank in course/Men: 18 (of 89)

Best time in course: 2:55:05

Rank in category: 2(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	11.60	57:32	4:57	3	4:22	33	10:16	11.60	57:32	4:57	2	4:22	50	
Lap 2	18.40	1:36:17	5:13	2	3:41	20	18:57	30.00	2:33:49	5:07	2	8:03	50	
Lap 3	3.50	13:59	3:59	1	-	11	2:27	33.50	2:47:48	5:00	2	7:50	50	
Last lap Finish	8.69	49:04	5:38	1	-	14	11:14	42.19	3:36:52	5:08	2	7:15	18	41:47