



5. Schlaubetal-Marathon  
Eisenhüttenstadt / 15.10.2011

Detailed evaluation

Stegemann, Carsten

Club: STG Lichtenberg-Pagum  
Number: 672

Course: 42.19 km  
Cross-Marathon

Category:  
Männer M40

Total time: 3:37:40

Speed: 11.58 km/h  
Running performance: 5:10 min/km

Rank in course/Total: 23 (of 104)

Rank in course/Men: 20 (of 89)

Best time in course: 2:55:05

Rank in category: 4(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	11.60	55:47	4:48	4	4:12	20	8:31	11.60	55:47	4:48	17			47
Lap 2	18.40	1:36:51	5:15	5	9:12	22	19:31	30.00	2:32:38	5:05	17			47
Lap 3	3.50	14:13	4:03	4	1:32	14	2:41	33.50	2:46:51	4:58	17			47
Last lap Finish	8.69	50:49	5:50	6	9:15	20	12:59	42.19	3:37:40	5:09	4	24:11	20	42:35