



5. Schlaubetal-Marathon
Eisenhüttenstadt / 15.10.2011

Detailed evaluation

Roßberg, Volker

Club: T-Rex-Team Peitz
Number: 609

Course: 42.19 km
Cross-Marathon

Category:
Männer M45

Total time: 3:37:56

Speed: 11.56 km/h
Running performance: 5:10 min/km

Rank in course/Total: 24 (of 104)

Rank in course/Men: 22 (of 89)

Best time in course: 2:55:05

Rank in category: 8(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	11.60	57:08	4:55	11	8:33	30	9:52	11.60	57:08	4:55	14	4:20	57	
Lap 2	18.40	1:36:54	5:15	9	11:28	23	19:34	30.00	2:34:02	5:08	14		46	
Lap 3	3.50	14:23	4:06	8	1:20	21	2:51	33.50	2:48:25	5:01	14		46	
Last lap Finish	8.69	49:31	5:41	7	5:00	16	11:41	42.19	3:37:56	5:09	8	24:54	22	42:51