



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 | |