



5. Schlaubetal-Marathon  
Eisenhüttenstadt / 15.10.2011

Detailed evaluation

Münnich, Sebastian

Club: MSV Tripoint Frankfurt (Oder)  
Number: 637

Course: 42.19 km  
Cross-Marathon

Category:  
Männer M30

Total time: 3:39:25

Speed: 11.48 km/h  
Running performance: 5:12 min/km

Rank in course/Total: 26 (of 104)

Rank in course/Men: 24 (of 89)

Best time in course: 2:55:05

Rank in category: 3(of 8)

Best time in the category: 3:24:42

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	55:25	4:46	3	5:30	18	8:09	11.60	55:25	4:46	3	5:30	88	
Lap 2	18.40	1:37:08	5:16	3	11:17	25	19:48	30.00	2:32:33	5:05	3	16:47	48	
Lap 3	3.50	14:18	4:05	1	-	16	2:46	33.50	2:46:51	4:58	3	13:13	47	
Last lap Finish	8.69	52:34	6:02	5	3:59	28	14:44	42.19	3:39:25	5:12	3	14:43	24	44:20