



5. Schlaubetal-Marathon
Eisenhüttenstadt / 15.10.2011

Detailed evaluation

Buchan, Rudolf

Club: Spremberger Spreeeläufer
Number: 686

Course: 42.19 km
Cross-Marathon

Category:
Männer M55

Total time: 3:46:43

Speed: 11.12 km/h
Running performance: 5:22 min/km

Rank in course/Total: 34 (of 104)

Rank in course/Men: 31 (of 89)

Best time in course: 2:55:05

Rank in category: 3(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.	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	57:01	4:54	2	3:51	26	9:45	11.60	57:01	4:54	3	3:51	81	
Lap 2	18.40	1:41:12	5:30	3	8:36	32	23:52	30.00	2:38:13	5:16	3	12:27	81	
Lap 3	3.50	15:10	4:19	3	1:11	29	3:38	33.50	2:53:23	5:10	3	13:25	81	
Last lap Finish	8.69	53:20	6:08	3	4:16	29	15:30	42.19	3:46:43	5:22	3	17:06	31	51:38