



5. Schlaubetal-Marathon  
Eisenhüttenstadt / 15.10.2011

Detailed evaluation

Krause, Thilo

Club: MSV Tripoint Frankfurt (Oder)  
Number: 678

Course: 42.19 km  
Cross-Marathon

Category:  
Männer M45

Total time: 3:47:17

Speed: 11.09 km/h  
Running performance: 5:23 min/km

Rank in course/Total: 36 (of 104)

Rank in course/Men: 33 (of 89)

Best time in course: 2:55:05

Rank in category: 10(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	11.60	52:48	4:33	3	4:13	9	5:32	11.60	52:48	4:33	1	-	56	
Lap 2	18.40	1:35:23	5:11	7	9:57	16	18:03	30.00	2:28:11	4:56	12		79	
Lap 3	3.50	16:43	4:46	11	3:40	43	5:11	33.50	2:44:54	4:55	12		55	
Last lap Finish	8.69	1:02:23	7:10	15	17:52	52	24:33	42.19	3:47:17	5:23	10	34:15	33	52:12