



5. Schlaubetal-Marathon  
Eisenhüttenstadt / 15.10.2011

Detailed evaluation

Henniger, Stephan

Club: VDES Frankfurt(O)  
Number: 688

Course: 42.19 km  
Cross-Marathon

Category:  
Männer M45

Total time: 4:01:30

Speed: 10.43 km/h  
Running performance: 5:43 min/km

Rank in course/Total: 45 (of 104)

Rank in course/Men: 40 (of 89)

Best time in course: 2:55:05

Rank in category: 13(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	57:49	4:59	13	9:14	36	10:33	11.60	57:49	4:59	9	5:01	72	
Lap 2	18.40	1:48:05	5:52	12	22:39	42	30:45	30.00	2:45:54	5:31	9	4:46	72	
Lap 3	3.50	16:50	4:48	13	3:47	45	5:18	33.50	3:02:44	5:27	9	6:29	72	
Last lap Finish	8.69	58:46	6:45	14	14:15	46	20:56	42.19	4:01:30	5:43	13	48:28	40	1:06:25