



5. Schlaubetal-Marathon

Eisenhüttenstadt / 15.10.2011

Detailed evaluation

Semmler, Thomas

Club: Frauendorfer Sportverein
Number: 611

Course: 42.19 km
Cross-Marathon

Category:
Männer M30

Total time: 4:04:30

Speed: 10.35 km/h
Running performance: 5:48 min/km

Rank in course/Total: 49 (of 104)

Rank in course/Men: 44 (of 89)

Best time in course: 2:55:05

Rank in category: 6(of 8)

Best time in the category: 3:24:42

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	11.60	1:04:56	5:35	6	15:01	66	17:40	11.60	1:04:56	5:35	6	15:01	35	3:06
Lap 2	18.40	1:51:49	6:04	6	25:58	55	34:29	30.00	2:56:45	5:53	6	40:59	68	6:56
Lap 3	3.50	16:25	4:41	5	2:07	39	4:53	33.50	3:13:10	5:45	6	39:32	68	6:07
Last lap Finish	8.69	51:20	5:54	4	2:45	24	13:30	42.19	4:04:30	5:47	6	39:48	44	1:09:25