



5. Schlaubetal-Marathon
Eisenhüttenstadt / 15.10.2011

Detailed evaluation

Heinze, Michael

Club: Beeksow
Number: 665

Course: 42.19 km
Cross-Marathon

Category:
Männer M45

Total time: 4:04:52

Speed: 10.29 km/h
Running performance: 5:48 min/km

Rank in course/Total: 52 (of 104)

Rank in course/Men: 47 (of 89)

Best time in course: 2:55:05

Rank in category: 14(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	1:00:31	5:13	17	11:56	50	13:15	11.60	1:00:31	5:13	8	7:43	21	
Lap 2	18.40	1:49:00	5:55	15	23:34	47	31:40	30.00	2:49:31	5:39	8	8:23	21	
Lap 3	3.50	16:49	4:48	12	3:46	44	5:17	33.50	3:06:20	5:33	8	10:05	21	
Last lap Finish	8.69	58:32	6:44	13	14:01	45	20:42	42.19	4:04:52	5:48	14	51:50	47	1:09:47