



5. Schlaubetal-Marathon  
Eisenhüttenstadt / 15.10.2011

Detailed evaluation

Marschallek, Stefan

Club: BSG Edeka Minden - Hannover  
Number: 695

Course: 42.19 km  
Cross-Marathon

Category:  
Männer M35

Total time: 4:09:29

Speed: 10.10 km/h  
Running performance: 5:55 min/km

Rank in course/Total: 55 (of 104)

Rank in course/Men: 50 (of 89)

Best time in course: 2:55:05

Rank in category: 5(of 8)

Best time in the category: 3:17:07

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	1:03:48	5:30	6	12:56	63	16:32	11.60	1:03:48	5:30	5	12:56	18	1:58
Lap 2	18.40	1:50:57	6:01	5	23:10	53	33:37	30.00	2:54:45	5:49	5	36:06	18	4:56
Lap 3	3.50	16:42	4:46	5	3:46	42	5:10	33.50	3:11:27	5:42	5	39:52	18	4:24
Last lap Finish	8.69	58:02	6:40	5	12:30	43	20:12	42.19	4:09:29	5:54	5	52:22	50	1:14:24