



5. Schlaubetal-Marathon  
Eisenhüttenstadt / 15.10.2011

Detailed evaluation

Seelig, Dirk

Club: Carzig  
Number: 651

Course: 42.19 km  
Cross-Marathon

Category:  
Männer M40

Total time: 4:17:31

Speed: 9.79 km/h  
Running performance: 6:06 min/km

Rank in course/Total: 62 (of 104)

Rank in course/Men: 56 (of 89)

Best time in course: 2:55:05

Rank in category: 13(of 20)

Best time in the category: 3:13:29

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	11.60	1:02:23	5:22	14	10:48	59	15:07	11.60	1:02:23	5:22	9	0:39	12	0:33
Lap 2	18.40	1:47:26	5:50	11	19:47	41	30:06	30.00	2:49:49	5:39	9		1	-
Lap 3	3.50	17:14	4:55	13	4:33	50	5:42	33.50	3:07:03	5:35	9		1	-
Last lap Finish	8.69	1:10:28	8:06	16	28:54	71	32:38	42.19	4:17:31	6:06	13	1:04:02	56	1:22:26