



5. Schlaubetal-Marathon  
Eisenhüttenstadt / 15.10.2011

Detailed evaluation

Rogsch, Norbert

Club: Strausberg  
Number: 622

Course: 42.19 km  
Cross-Marathon

Category:  
Männer M55

Total time: 4:29:54

Speed: 9.38 km/h  
Running performance: 6:24 min/km

Rank in course/Total: 68 (of 104)

Rank in course/Men: 62 (of 89)

Best time in course: 2:55:05

Rank in category: 5(of 7)

Best time in the category: 3:29:37

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	1:07:43	5:50	7	14:33	72	20:27	11.60	1:07:43	5:50	5	14:33	6	5:53
Lap 2	18.40	2:01:43	6:36	7	29:07	69	44:23	30.00	3:09:26	6:18	5	43:40	6	19:37
Lap 3	3.50	17:55	5:07	5	3:56	55	6:23	33.50	3:27:21	6:11	5	47:23	6	20:18
Last lap Finish	8.69	1:02:33	7:11	5	13:29	53	24:43	42.19	4:29:54	6:23	5	1:00:17	62	1:34:49