



5. Schlaubetal-Marathon  
Eisenhüttenstadt / 15.10.2011

Detailed evaluation

Poppenborg, Klaus

Club: T-Rex Team  
Number: 638

Course: 42.19 km  
Cross-Marathon

Category:  
Männer M45

Total time: 4:31:58

Speed: 9.27 km/h  
Running performance: 6:27 min/km

Rank in course/Total: 70 (of 104)

Rank in course/Men: 64 (of 89)

Best time in course: 2:55:05

Rank in category: 18(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.	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	1:04:46	5:34	20	16:11	65	17:30	11.60	1:04:46	5:34	3	11:58	3	2:56
Lap 2	18.40	2:00:52	6:34	18	35:26	66	43:32	30.00	3:05:38	6:11	3	24:30	3	15:49
Lap 3	3.50	18:30	5:17	17	5:27	61	6:58	33.50	3:24:08	6:05	3	27:53	3	17:05
Last lap Finish	8.69	1:07:50	7:48	18	23:19	67	30:00	42.19	4:31:58	6:26	18	1:18:56	64	1:36:53