



5. Schlaubetal-Marathon

Eisenhüttenstadt / 15.10.2011

Detailed evaluation

Lüttich, Helmut

Club: Nünchritz

Number: 653

Course: 42.19 km

Cross-Marathon

Category:

Männer M55

Total time: 4:34:40

Speed: 9.17 km/h

Running performance: 6:31 min/km

Rank in course/Total: 76 (of 104)

Rank in course/Men: 67 (of 89)

Best time in course: 2:55:05

Rank in category: 6(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	58:28	5:02	4	5:18	41	11:12	11.60	58:28	5:02	6	5:18	13	
Lap 2	18.40	1:54:36	6:13	5	22:00	60	37:16	30.00	2:53:04	5:46	6	27:18	12	3:15
Lap 3	3.50	19:28	5:33	7	5:29	73	7:56	33.50	3:12:32	5:44	6	32:34	12	5:29
Last lap Finish	8.69	1:22:08	9:27	7	33:04	85	44:18	42.19	4:34:40	6:30	6	1:05:03	67	1:39:35