



5. Schlaubetal-Marathon  
Eisenhüttenstadt / 15.10.2011

Detailed evaluation

Steinigk, Volker

Club: Dresden  
Number: 607

Course: 42.19 km  
Cross-Marathon

Category:  
Männer M20

Total time: 4:41:52

Speed: 8.94 km/h  
Running performance: 6:41 min/km

Rank in course/Total: 87 (of 104)

Rank in course/Men: 77 (of 89)

Best time in course: 2:55:05

Rank in category: 5(of 6)

Best time in the category: 2:55:05

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	1:12:20	6:14	6	25:04	83	25:04	11.60	1:12:20	6:14	5	25:04	36	10:30
Lap 2	18.40	2:05:44	6:50	5	48:24	78	48:24	30.00	3:18:04	6:36	5	1:12:32	35	28:15
Lap 3	3.50	19:46	5:38	5	8:14	76	8:14	33.50	3:37:50	6:30	5	1:20:35	35	30:47
Last lap Finish	8.69	1:04:02	7:22	5	26:12	61	26:12	42.19	4:41:52	6:40	5	1:46:47	77	1:46:47