



5. Schlaubetal-Marathon
Eisenhüttenstadt / 15.10.2011

Detailed evaluation

Schwark, Lars

Club: Bad Freienwalde
Number: 606

Course: 42.19 km
Cross-Marathon

Category:
Männer M35

Total time: 4:44:15

Speed: 8.87 km/h
Running performance: 6:44 min/km

Rank in course/Total: 92 (of 104)

Rank in course/Men: 81 (of 89)

Best time in course: 2:55:05

Rank in category: 8(of 8)

Best time in the category: 3:17:07

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	1:02:10	5:21	5	11:18	58	14:54	11.60	1:02:10	5:21	8	11:18	32	0:20
Lap 2	18.40	2:10:21	7:05	8	42:34	82	53:01	30.00	3:12:31	6:25	8	53:52	31	22:42
Lap 3	3.50	20:25	5:50	8	7:29	80	8:53	33.50	3:32:56	6:21	8	1:01:21	31	25:53
Last lap Finish	8.69	1:11:19	8:12	7	25:47	73	33:29	42.19	4:44:15	6:44	8	1:27:08	81	1:49:10