



5. Schlaubetal-Marathon

Eisenhüttenstadt / 15.10.2011

Detailed evaluation

Wilke, Ralf

Club: Frauendorfer Sportverein
Number: 612

Course: 42.19 km
Cross-Marathon

Category:
Männer M30

Total time: 5:34:10

Speed: 7.54 km/h
Running performance: 7:55 min/km

Rank in course/Total: 102 (of 104)

Rank in course/Men: 87 (of 89)

Best time in course: 2:55:05

Rank in category: 8(of 8)

Best time in the category: 3:24:42

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 | 1:11:04 | 6:07 | 8 | 21:09 | 78 | 23:48 | 11.60 | 1:11:04 | 6:07 | 8 | 21:09 | 26 | 9:14 |
| Lap 2 | 18.40 | 2:28:54 | 8:05 | 8 | 1:03:03 | 87 | 1:11:34 | 30.00 | 3:39:58 | 7:19 | 8 | 1:24:12 | 25 | 50:09 |
| Lap 3 | 3.50 | 23:12 | 6:37 | 8 | 8:54 | 87 | 11:40 | 33.50 | 4:03:10 | 7:15 | 8 | 1:29:32 | 25 | 56:07 |
| Last lap Finish | 8.69 | 1:31:00 | 10:28 | 8 | 42:25 | 86 | 53:10 | 42.19 | 5:34:10 | 7:55 | 8 | 2:09:28 | 87 | 2:39:05 |