



5. Schlaubetal-Marathon

Eisenhüttenstadt / 15.10.2011

Detailed evaluation

Lasser, Michael

Club: Eisenhüttenstadt
Number: 428

Course: 21.10 km
Cross-Halbmarathon

Category:
Männer M40

Total time: 1:35:23

Speed: 13.21 km/h
Running performance: 4:31 min/km

Rank in course/Total: 11 (of 130)

Rank in course/Men: 11 (of 97)

Best time in course: 1:23:55

Rank in category: 3(of 21)

Best time in the category: 1:33:42

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	10.60	49:37	4:40	4	1:50	14	7:28	10.60	49:37	4:40	20		64	
Last lap Finish	10.50	45:46	4:21	1	-	7	4:00	21.10	1:35:23	4:31	3	1:41	11	11:28