



5. Schlaubetal-Marathon
Eisenhüttenstadt / 15.10.2011

Detailed evaluation

Dalk, Jan

Club: Frankfurt (Oder)
Number: 308

Course: 21.10 km
Cross-Halbmarathon

Category:
Männer M40

Total time: 1:40:19

Speed: 12.56 km/h
Running performance: 4:45 min/km

Rank in course/Total: 16 (of 130)

Rank in course/Men: 15 (of 97)

Best time in course: 1:23:55

Rank in category: 5(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	52:06	4:54	5	4:19	21	9:57	10.60	52:06	4:54	18			60	
Last lap Finish	10.50	48:13	4:35	4	2:27	12	6:27	21.10	1:40:19	4:45	5	6:37	15	16:24	