



6. Schlaubetal-Marathon  
Eisenhüttenstadt / 20.10.2012

Detailed evaluation

Rolof, Michael

Club: Berlin  
Number: 326

Course: 21.25 km  
Cross-Halbmarathon

Category:  
Senioren M35 (35-39 Jahre)

Total time: 1:44:38

Speed: 12.04 km/h  
Running performance: 4:55 min/km

Rank in course/Total: 15 (of 141)

Rank in course/Men: 15 (of 105)

Best time in course: 1:26:42

Rank in category: 2(of 13)

Best time in the category: 1:37:07

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	10.70	52:29	4:54	4	4:27	20	9:40	10.70	52:29	4:54	2	4:27	15	9:40
Last lap Finish	10.55	52:09	4:56	3	3:04	13	8:16	21.25	1:44:38	4:55	2	7:31	15	17:56