



6. Schlaubetal-Marathon
Eisenhüttenstadt / 20.10.2012

Detailed evaluation

Nessau, Karsten

Club: LG Bad Saarow
Number: 423

Course: 21.25 km
Cross-Halbmarathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:22:09

Speed: 8.86 km/h
Running performance: 6:41 min/km

Rank in course/Total: 124 (of 141)

Rank in course/Men: 96 (of 105)

Best time in course: 1:26:42

Rank in category: 21(of 23)

Best time in the category: 1:31:40

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	1:09:50	6:31	20	24:43	98	27:01	10.70	1:09:50	6:31	4	12:53	96	27:01
Last lap Finish	10.55	1:12:19	6:51	21	25:46	94	28:26	21.25	2:22:09	6:41	21	50:29	96	55:27