



6. Schlaubetal-Marathon  
Eisenhüttenstadt / 20.10.2012

Detailed evaluation

Prochaska, Jan

Club: LG Nord Berlin Ultrateam  
Number: 701

Course: 42.35 km  
Cross-Marathon

Category:  
Senioren M45 (45-49 Jahre)

Total time: 2:56:00

Speed: 14.32 km/h  
Running performance: 4:10 min/km

Rank in course/Total: 1 (of 111)

Rank in course/Men: 1 (of 89)

Best time in course: 2:56:00

Rank in category: 1(of 25)

Best time in the category: 2:56:00

Intermediate times					Stage score				Total ranking					
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	11.60	47:59	4:08	2	0:43	4	2:16	11.60	47:59	4:08	14		60	
Lap 2	18.60	1:17:37	4:10	1	-	2	0:49	30.20	2:05:36	4:09	13		78	
Lap 3	2.50	11:23	4:33	1	-	1	-	32.70	2:16:59	4:11	13		78	
Last lap Finish	9.65	39:01	4:02	1	-	1	-	42.35	2:56:00	4:09	1	-	1	-