



6. Schlaubetal-Marathon

Eisenhüttenstadt / 20.10.2012

Detailed evaluation

Malig, Ralf

Club: Bowlingclub Senftenberg
Number: 661

Course: 42.35 km
Cross-Marathon

Category:
Senioren M50 (50-54 Jahre)

Total time: 3:03:48

Speed: 13.71 km/h
Running performance: 4:20 min/km

Rank in course/Total: 4 (of 111)

Rank in course/Men: 4 (of 89)

Best time in course: 2:56:00

Rank in category: 1(of 13)

Best time in the category: 3:03:48

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	11.60	48:47	4:12	1	-	9	3:04	11.60	48:47	4:12	1	-	65	
Lap 2	18.60	1:21:15	4:22	1	-	3	4:27	30.20	2:10:02	4:18	1	-	65	
Lap 3	2.50	12:12	4:52	1	-	3	0:49	32.70	2:22:14	4:20	1	-	64	
Last lap Finish	9.65	41:34	4:18	1	-	3	2:33	42.35	3:03:48	4:20	1	-	4	7:48