



6. Schlaubetal-Marathon  
Eisenhüttenstadt / 20.10.2012

Detailed evaluation

Lamm, Stefan

Club: SSV Heidenau  
Number: 675

Course: 42.35 km  
Cross-Marathon

Category:  
Senioren M40 (40-44 Jahre)

Total time: 3:05:14

Speed: 13.60 km/h  
Running performance: 4:22 min/km

Rank in course/Total: 5 (of 111)

Rank in course/Men: 5 (of 89)

Best time in course: 2:56:00

Rank in category: 1(of 17)

Best time in the category: 3:05:14

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	48:23	4:10	1	-	7	2:40	11.60	48:23	4:10	10	-	64	-
Lap 2	18.60	1:21:51	4:24	1	-	4	5:03	30.20	2:10:14	4:18	10	-	64	-
Lap 3	2.50	12:21	4:56	1	-	5	0:58	32.70	2:22:35	4:21	10	-	63	-
Last lap Finish	9.65	42:39	4:25	1	-	5	3:38	42.35	3:05:14	4:22	1	-	5	9:14