



6. Schlaubetal-Marathon  
Eisenhüttenstadt / 20.10.2012

Detailed evaluation

Herrmann, Ingmar

Club: Tean Strassacker  
Number: 716

Course: 42.35 km  
Cross-Marathon

Category:  
Senioren M35 (35-39 Jahre)

Total time: 3:08:57

Speed: 13.34 km/h  
Running performance: 4:28 min/km

Rank in course/Total: 7 (of 111)

Rank in course/Men: 7 (of 89)

Best time in course: 2:56:00

Rank in category: 2(of 6)

Best time in the category: 3:06:46

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	48:02	4:08	2	2:19	6	2:19	11.60	48:02	4:08	2	2:19	61	
Lap 2	18.60	1:23:08	4:28	1	-	6	6:20	30.20	2:11:10	4:20	2	1:10	62	
Lap 3	2.50	12:39	5:03	2	0:19	6	1:16	32.70	2:23:49	4:23	2	1:29	61	
Last lap Finish	9.65	45:08	4:40	2	0:42	7	6:07	42.35	3:08:57	4:27	2	2:11	7	12:57