



6. Schlaubetal-Marathon

Eisenhüttenstadt / 20.10.2012

Detailed evaluation

Paul, Torsten

Club: TLV Rangsdorf
Number: 714

Course: 42.35 km
Cross-Marathon

Category:
Senioren M40 (40-44 Jahre)

Total time: 3:18:56

Speed: 12.67 km/h
Running performance: 4:42 min/km

Rank in course/Total: 9 (of 111)

Rank in course/Men: 9 (of 89)

Best time in course: 2:56:00

Rank in category: 2(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	52:22	4:30	2	3:59	15	6:39	11.60	52:22	4:30	17		59	
Lap 2	18.60	1:28:08	4:44	2	6:17	9	11:20	30.20	2:20:30	4:39	17		60	
Lap 3	2.50	12:50	5:08	3	0:29	8	1:27	32.70	2:33:20	4:41	17		59	
Last lap Finish	9.65	45:36	4:43	2	2:57	8	6:35	42.35	3:18:56	4:41	2	13:42	9	22:56