



6. Schlaubetal-Marathon
Eisenhüttenstadt / 20.10.2012

Detailed evaluation

Haertel, Ralf

Club: LG Pegasos
Number: 690

Course: 42.35 km
Cross-Marathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 3:20:20

Speed: 12.68 km/h
Running performance: 4:44 min/km

Rank in course/Total: 10 (of 111)

Rank in course/Men: 10 (of 89)

Best time in course: 2:56:00

Rank in category: 3(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	52:31	4:31	3	5:15	16	6:48	11.60	52:31	4:31	23			58
Lap 2	18.60	1:27:48	4:43	2	10:11	8	11:00	30.20	2:20:19	4:38	23			59
Lap 3	2.50	13:09	5:15	2	1:46	9	1:46	32.70	2:33:28	4:41	23			58
Last lap Finish	9.65	46:52	4:51	3	7:51	9	7:51	42.35	3:20:20	4:43	3	24:20	10	24:20