



6. Schlaubetal-Marathon

Eisenhüttenstadt / 20.10.2012

Detailed evaluation

Misera, Silvio

Club: Rennschnecken Cottbus
Number: 627

Course: 42.35 km
Cross-Marathon

Category:
Senioren M40 (40-44 Jahre)

Total time: 3:31:09

Speed: 11.93 km/h
Running performance: 4:59 min/km

Rank in course/Total: 12 (of 111)

Rank in course/Men: 12 (of 89)

Best time in course: 2:56:00

Rank in category: 3(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	59:10	5:06	6	10:47	36	13:27	11.60	59:10	5:06	16			56
Lap 2	18.60	1:30:42	4:52	3	8:51	11	13:54	30.20	2:29:52	4:57	16			57
Lap 3	2.50	12:49	5:07	2	0:28	7	1:26	32.70	2:42:41	4:58	16			45
Last lap Finish	9.65	48:28	5:01	3	5:49	10	9:27	42.35	3:31:09	4:59	3	25:55	12	35:09