



## 6. Schlaubetal-Marathon Eisenhüttenstadt / 20.10.2012

### Detailed evaluation

Zarnbach, Ralf

Club: Frankfurt(Oder)

Number: 677

Course: 42.35 km

Cross-Marathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 3:32:16

Speed: 11.87 km/h

Running performance: 5:01 min/km

Rank in course/Total: 13 (of 111)

Rank in course/Men: 13 (of 89)

Best time in course: 2:56:00

Rank in category: 4(of 25)

Best time in the category: 2:56:00

### Intermediate times

### Stage score

### Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |       |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|-------|
|                 |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |       |
| Lap 1           | 11.60       | 53:34         | 4:37            | 4           | 6:18           | 17          | 7:51          | 11.60         | 53:34         | 4:37            | 22          |                |            | 55            |       |
| Lap 2           | 18.60       | 1:31:35       | 4:55            | 3           | 13:58          | 12          | 14:47         | 30.20         | 2:25:09       | 4:48            | 22          |                |            | 45            |       |
| Lap 3           | 2.50        | 14:35         | 5:50            | 3           | 3:12           | 14          | 3:12          | 32.70         | 2:39:44       | 4:53            | 22          |                |            | 55            |       |
| Last lap Finish | 9.65        | 52:32         | 5:26            | 4           | 13:31          | 17          | 13:31         | 42.35         | 3:32:16       | 5:00            | 4           | 36:16          |            | 13            | 36:16 |