



# 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	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	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