



6. Schlaubetal-Marathon

Eisenhüttenstadt / 20.10.2012

Detailed evaluation

Köppen, Sven

Club: Tzschetzschnowser
Number: 633

Course: 42.35 km
Cross-Marathon

Category:
Senioren M40 (40-44 Jahre)

Total time: 3:44:49

Speed: 11.30 km/h
Running performance: 5:19 min/km

Rank in course/Total: 22 (of 111)

Rank in course/Men: 21 (of 89)

Best time in course: 2:56:00

Rank in category: 5(of 17)

Best time in the category: 3:05:14

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	57:12	4:55	3	8:49	29	11:29	11.60	57:12	4:55	14		47	
Lap 2	18.60	1:38:14	5:16	5	16:23	26	21:26	30.20	2:35:26	5:08	14		48	
Lap 3	2.50	14:58	5:59	5	2:37	18	3:35	32.70	2:50:24	5:12	14		47	
Last lap Finish	9.65	54:25	5:38	5	11:46	21	15:24	42.35	3:44:49	5:18	5	39:35	21	48:49