



6. Schlaubetal-Marathon  
Eisenhüttenstadt / 20.10.2012

Detailed evaluation

Arendt, Majk

Club: LG Baar  
Number: 698

Course: 42.35 km  
Cross-Marathon

Category:  
Senioren M30 (30-34 Jahre)

Total time: 3:45:55

Speed: 11.15 km/h  
Running performance: 5:20 min/km

Rank in course/Total: 24 (of 111)

Rank in course/Men: 23 (of 89)

Best time in course: 2:56:00

Rank in category: 4(of 8)

Best time in the category: 3:14:13

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	50:34	4:21	2	2:35	10	4:51	11.60	50:34	4:21	4	2:35	89	
Lap 2	18.60	1:41:15	5:26	5	18:38	30	24:27	30.20	2:31:49	5:01	4	21:13	46	
Lap 3	2.50	16:52	6:44	6	2:38	41	5:29	32.70	2:48:41	5:09	4	23:51	56	
Last lap Finish	9.65	57:14	5:55	3	7:51	27	18:13	42.35	3:45:55	5:20	4	31:42	23	49:55