



6. Schlaubetal-Marathon  
Eisenhüttenstadt / 20.10.2012

Detailed evaluation

Stegemann, Carsten

Club: STG-Lichtenberg  
Number: 712

Course: 42.35 km  
Cross-Marathon

Category:  
Senioren M45 (45-49 Jahre)

Total time: 3:47:01

Speed: 11.10 km/h  
Running performance: 5:22 min/km

Rank in course/Total: 25 (of 111)

Rank in course/Men: 24 (of 89)

Best time in course: 2:56:00

Rank in category: 6(of 25)

Best time in the category: 2:56:00

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	55:08	4:45	6	7:52	23	9:25	11.60	55:08	4:45	20			88
Lap 2	18.60	1:36:47	5:12	4	19:10	20	19:59	30.20	2:31:55	5:01	20			56
Lap 3	2.50	15:14	6:05	6	3:51	20	3:51	32.70	2:47:09	5:06	20			88
Last lap Finish	9.65	59:52	6:12	7	20:51	33	20:51	42.35	3:47:01	5:21	6	51:01	24	51:01