



6. Schlaubetal-Marathon  
Eisenhüttenstadt / 20.10.2012

Detailed evaluation

Münnich, Sebastian

Club: MSV Tripoint Frankfurt (Oder)  
Number: 637

Course: 42.35 km  
Cross-Marathon

Category:  
Senioren M30 (30-34 Jahre)

Total time: 3:48:39

Speed: 11.02 km/h  
Running performance: 5:24 min/km

Rank in course/Total: 26 (of 111)

Rank in course/Men: 25 (of 89)

Best time in course: 2:56:00

Rank in category: 5(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.	Stage score		Total ranking					
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men
Lap 1	11.60	54:08	4:40	4	6:09	20	8:25	11.60	54:08	4:40	5	6:09	87
Lap 2	18.60	1:36:54	5:12	3	14:17	21	20:06	30.20	2:31:02	5:00	5	20:26	87
Lap 3	2.50	16:05	6:25	5	1:51	32	4:42	32.70	2:47:07	5:06	5	22:17	87
Last lap Finish	9.65	1:01:32	6:22	6	12:09	37	22:31	42.35	3:48:39	5:23	5	34:26	25 52:39