



6. Schlaubetal-Marathon
Eisenhüttenstadt / 20.10.2012

Detailed evaluation

Micheel, Stefan

Club: Canchanabury
Number: 699

Course: 42.35 km
Cross-Marathon

Category:
Senioren M55 (55-59 Jahre)

Total time: 3:53:43

Speed: 10.78 km/h
Running performance: 5:31 min/km

Rank in course/Total: 31 (of 111)

Rank in course/Men: 29 (of 89)

Best time in course: 2:56:00

Rank in category: 1(of 10)

Best time in the category: 3:53:43

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	53:50	4:38	2	1:54	18	8:07	11.60	53:50	4:38	1	-	82	
Lap 2	18.60	1:35:01	5:06	1	-	17	18:13	30.20	2:28:51	4:55	1	-	83	
Lap 3	2.50	17:48	7:07	6	2:28	57	6:25	32.70	2:46:39	5:05	1	-	83	
Last lap Finish	9.65	1:07:04	6:56	5	10:49	48	28:03	42.35	3:53:43	5:31	1	-	29	57:43