



6. Schlaubetal-Marathon
Eisenhüttenstadt / 20.10.2012

Detailed evaluation

Przychodzki, Frank

Club: Forst (Lausitz)
Number: 654

Course: 42.35 km
Cross-Marathon

Category:
Senioren M55 (55-59 Jahre)

Total time: 3:55:33

Speed: 10.70 km/h
Running performance: 5:34 min/km

Rank in course/Total: 34 (of 111)

Rank in course/Men: 32 (of 89)

Best time in course: 2:56:00

Rank in category: 2(of 10)

Best time in the category: 3:53:43

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	11.60	58:30	5:02	3	6:34	34	12:47	11.60	58:30	5:02	2	4:40	80	
Lap 2	18.60	1:44:17	5:36	3	9:16	36	27:29	30.20	2:42:47	5:23	2	13:56	80	
Lap 3	2.50	16:21	6:32	3	1:01	35	4:58	32.70	2:59:08	5:28	2	12:29	80	
Last lap Finish	9.65	56:25	5:50	2	0:10	25	17:24	42.35	3:55:33	5:33	2	1:50	32	59:33