



6. Schlaubetal-Marathon
Eisenhüttenstadt / 20.10.2012

Detailed evaluation

Kästner, Kay

Club: puremac.de
Number: 618

Course: 42.35 km
Cross-Marathon

Category:
Senioren M35 (35-39 Jahre)

Total time: 3:56:37

Speed: 10.65 km/h
Running performance: 5:35 min/km

Rank in course/Total: 36 (of 111)

Rank in course/Men: 34 (of 89)

Best time in course: 2:56:00

Rank in category: 4(of 6)

Best time in the category: 3:06:46

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	55:28	4:46	4	9:45	25	9:45	11.60	55:28	4:46	4	9:45	78	
Lap 2	18.60	1:37:34	5:14	5	14:26	24	20:46	30.20	2:33:02	5:04	4	23:02	67	
Lap 3	2.50	17:06	6:50	6	4:46	44	5:43	32.70	2:50:08	5:12	4	27:48	67	
Last lap Finish	9.65	1:06:29	6:53	5	22:03	47	27:28	42.35	3:56:37	5:35	4	49:51	34	1:00:37