



6. Schlaubetal-Marathon Eisenhüttenstadt / 20.10.2012

Detailed evaluation

Pakalski, Norbert

Club: BSG Pneumant Fürstenwalde
Number: 692

Course: 42.35 km
Cross-Marathon

Category:
Senioren M55 (55-59 Jahre)

Total time: 4:01:27

Speed: 10.44 km/h
Running performance: 5:42 min/km

Rank in course/Total: 40 (of 111)

Rank in course/Men: 38 (of 89)

Best time in course: 2:56:00

Rank in category: 5(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	51:56	4:28	1	-	13	6:13	11.60	51:56	4:28	5			74
Lap 2	18.60	1:40:24	5:23	2	5:23	29	23:36	30.20	2:32:20	5:02	5	3:29		74
Lap 3	2.50	17:22	6:56	5	2:02	49	5:59	32.70	2:49:42	5:11	5	3:03		74
Last lap Finish	9.65	1:11:45	7:26	7	15:30	64	32:44	42.35	4:01:27	5:42	5	7:44	38	1:05:27