



6. Schlaubetal-Marathon

Eisenhüttenstadt / 20.10.2012

Detailed evaluation

Heidemann, Rico

Club: Stuhr
Number: 629

Course: 42.35 km
Cross-Marathon

Category:
Senioren M40 (40-44 Jahre)

Total time: 4:08:55

Speed: 10.12 km/h
Running performance: 5:53 min/km

Rank in course/Total: 45 (of 111)

Rank in course/Men: 41 (of 89)

Best time in course: 2:56:00

Rank in category: 8(of 17)

Best time in the category: 3:05:14

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	1:00:31	5:13	8	12:08	42	14:48	11.60	1:00:31	5:13	11	0:38	71	1:19
Lap 2	18.60	1:42:25	5:30	6	20:34	31	25:37	30.20	2:42:56	5:23	11		71	
Lap 3	2.50	16:51	6:44	9	4:30	38	5:28	32.70	2:59:47	5:29	11		71	
Last lap Finish	9.65	1:09:08	7:09	12	26:29	57	30:07	42.35	4:08:55	5:52	8	1:03:41	41	1:12:55