



6. Schlaubetal-Marathon
Eisenhüttenstadt / 20.10.2012

Detailed evaluation

Dähn, Holger

Club: Brieselang
Number: 669

Course: 42.35 km
Cross-Marathon

Category:
Senioren M40 (40-44 Jahre)

Total time: 4:09:13

Speed: 10.11 km/h
Running performance: 5:53 min/km

Rank in course/Total: 46 (of 111)

Rank in course/Men: 42 (of 89)

Best time in course: 2:56:00

Rank in category: 9(of 17)

Best time in the category: 3:05:14

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 | 59:53 | 5:09 | 7 | 11:30 | 39 | 14:10 | 11.60 | 59:53 | 5:09 | 1 | - | 70 | 0:41 |
| Lap 2 | 18.60 | 1:47:22 | 5:46 | 9 | 25:31 | 40 | 30:34 | 30.20 | 2:47:15 | 5:32 | 1 | - | 70 | |
| Lap 3 | 2.50 | 17:01 | 6:48 | 10 | 4:40 | 42 | 5:38 | 32.70 | 3:04:16 | 5:38 | 1 | - | 34 | |
| Last lap Finish | 9.65 | 1:04:57 | 6:43 | 10 | 22:18 | 43 | 25:56 | 42.35 | 4:09:13 | 5:53 | 9 | 1:03:59 | 42 | 1:13:13 |