



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