



6. Schlaubetal-Marathon Eisenhüttenstadt / 20.10.2012

Detailed evaluation

Lüttich, Helmut

Club: Nünchritz

Number: 653

Course: 42.35 km

Cross-Marathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 4:10:17

Speed: 10.07 km/h

Running performance: 5:55 min/km

Rank in course/Total: 47 (of 111)

Rank in course/Men: 43 (of 89)

Best time in course: 2:56:00

Rank in category: 6(of 10)

Best time in the category: 3:53:43

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	1:01:37	5:18	5	9:41	44	15:54	11.60	1:01:37	5:18	6	7:47	69	2:25
Lap 2	18.60	1:50:19	5:55	6	15:18	45	33:31	30.20	2:51:56	5:41	6	23:05	69	
Lap 3	2.50	16:24	6:33	4	1:04	36	5:01	32.70	3:08:20	5:45	6	21:41	69	
Last lap Finish	9.65	1:01:57	6:25	4	5:42	38	22:56	42.35	4:10:17	5:54	6	16:34	43	1:14:17