



6. Schlaubetal-Marathon
Eisenhüttenstadt / 20.10.2012

Detailed evaluation

Palm, Rainer

Club: LWV Potsdam
Number: 683

Course: 42.35 km
Cross-Marathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 4:14:25

Speed: 9.99 km/h
Running performance: 6:01 min/km

Rank in course/Total: 55 (of 111)

Rank in course/Men: 49 (of 89)

Best time in course: 2:56:00

Rank in category: 9(of 25)

Best time in the category: 2:56:00

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	1:02:30	5:23	14	15:14	53	16:47	11.60	1:02:30	5:23	17	4:50	19	3:18
Lap 2	18.60	1:51:01	5:58	9	33:24	47	34:13	30.20	2:53:31	5:44	17		19	
Lap 3	2.50	17:36	7:02	13	6:13	55	6:13	32.70	3:11:07	5:50	17		19	
Last lap Finish	9.65	1:03:18	6:33	9	24:17	42	24:17	42.35	4:14:25	6:00	9	1:18:25	49	1:18:25