



6. Schlaubetal-Marathon Eisenhüttenstadt / 20.10.2012

Detailed evaluation

Rückert, Jens

Club: Arnstadt
Number: 663

Course: 42.35 km
Cross-Marathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 4:19:25

Speed: 9.71 km/h
Running performance: 6:08 min/km

Rank in course/Total: 56 (of 111)

Rank in course/Men: 50 (of 89)

Best time in course: 2:56:00

Rank in category: 10(of 25)

Best time in the category: 2:56:00

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 | 1:07:56 | 5:51 | 19 | 20:40 | 69 | 22:13 | 11.60 | 1:07:56 | 5:51 | 16 | 10:16 | 18 | 8:44 |
| Lap 2 | 18.60 | 1:55:16 | 6:11 | 13 | 37:39 | 56 | 38:28 | 30.20 | 3:03:12 | 6:03 | 16 | 9:22 | 18 | 9:33 |
| Lap 3 | 2.50 | 15:53 | 6:21 | 7 | 4:30 | 30 | 4:30 | 32.70 | 3:19:05 | 6:05 | 16 | 5:23 | 18 | 6:53 |
| Last lap Finish | 9.65 | 1:00:20 | 6:15 | 8 | 21:19 | 34 | 21:19 | 42.35 | 4:19:25 | 6:07 | 10 | 1:23:25 | 50 | 1:23:25 |