



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 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	1:07:56	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