



6. Schlaubetal-Marathon
Eisenhüttenstadt / 20.10.2012

Detailed evaluation

Freitag, Jens

Club: Jahn Nunsdorf
Number: 710

Course: 42.35 km
Cross-Marathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 4:21:56

Speed: 9.62 km/h
Running performance: 6:11 min/km

Rank in course/Total: 59 (of 111)

Rank in course/Men: 53 (of 89)

Best time in course: 2:56:00

Rank in category: 11(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	1:03:39	5:29	15	16:23	55	17:56	11.60	1:03:39	5:29	15	5:59	15	4:27
Lap 2	18.60	1:48:20	5:49	7	30:43	42	31:32	30.20	2:51:59	5:41	15		15	
Lap 3	2.50	19:03	7:37	16	7:40	65	7:40	32.70	3:11:02	5:50	15		15	
Last lap Finish	9.65	1:10:54	7:20	16	31:53	61	31:53	42.35	4:21:56	6:11	11	1:25:56	53	1:25:56