



6. Schlaubetal-Marathon

Eisenhüttenstadt / 20.10.2012

Detailed evaluation

Labuda, Ralph

Club: VfL Brandenburg
Number: 686

Course: 42.35 km
Cross-Marathon

Category:
Senioren M50 (50-54 Jahre)

Total time: 4:29:26

Speed: 9.35 km/h
Running performance: 6:22 min/km

Rank in course/Total: 64 (of 111)

Rank in course/Men: 57 (of 89)

Best time in course: 2:56:00

Rank in category: 9(of 13)

Best time in the category: 3:03:48

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	1:03:50	5:30	7	15:03	57	18:07	11.60	1:03:50	5:30	9	15:03	10	4:38
Lap 2	18.60	1:55:44	6:13	9	34:29	57	38:56	30.20	2:59:34	5:56	9	49:32	10	5:55
Lap 3	2.50	18:40	7:28	10	6:28	61	7:17	32.70	3:18:14	6:03	9	56:00	10	6:02
Last lap Finish	9.65	1:11:12	7:22	10	29:38	62	32:11	42.35	4:29:26	6:21	9	1:25:38	57	1:33:26