



6. Schlaubetal-Marathon
Eisenhüttenstadt / 20.10.2012

Detailed evaluation

Würzberg, Ulrich

Club: LT Nordkreuz Berlin
Number: 688

Course: 42.35 km
Cross-Marathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 4:43:05

Speed: 8.98 km/h
Running performance: 6:41 min/km

Rank in course/Total: 84 (of 111)

Rank in course/Men: 69 (of 89)

Best time in course: 2:56:00

Rank in category: 19(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	1:09:57	6:01	21	22:41	73	24:14	11.60	1:09:57	6:01	6	12:17	43	10:45
Lap 2	18.60	2:07:07	6:50	19	49:30	71	50:19	30.20	3:17:04	6:31	6	23:14	42	23:25
Lap 3	2.50	17:16	6:54	10	5:53	45	5:53	32.70	3:34:20	6:33	6	20:38	42	22:08
Last lap Finish	9.65	1:08:45	7:07	14	29:44	55	29:44	42.35	4:43:05	6:41	19	1:47:05	69	1:47:05