



6. Schlaubetal-Marathon
Eisenhüttenstadt / 20.10.2012

Detailed evaluation

Matthes, Bodo

Club: LC RON-HILL Berlin e.V.
Number: 665

Course: 42.35 km
Cross-Marathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 4:52:08

Speed: 8.63 km/h
Running performance: 6:54 min/km

Rank in course/Total: 87 (of 111)

Rank in course/Men: 72 (of 89)

Best time in course: 2:56:00

Rank in category: 20(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	1:17:17	6:39	25	30:01	86	31:34	11.60	1:17:17	6:39	5	19:37	40	18:05
Lap 2	18.60	2:10:18	7:00	20	52:41	72	53:30	30.20	3:27:35	6:52	5	33:45	39	33:56
Lap 3	2.50	17:23	6:57	11	6:00	50	6:00	32.70	3:44:58	6:52	5	31:16	39	32:46
Last lap Finish	9.65	1:07:10	6:57	12	28:09	49	28:09	42.35	4:52:08	6:53	20	1:56:08	72	1:56:08