



6. Schlaubetal-Marathon  
Eisenhüttenstadt / 20.10.2012

Detailed evaluation

Pollnow, Guido

Club: BZST  
Number: 153

Course: 10.55 km  
1/4-Marathon

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:14:02

Speed: 8.55 km/h  
Running performance: 7:01 min/km

Rank in course/Total: 69 (of 79)

Rank in course/Men: 43 (of 46)

Best time in course: 38:12

Rank in category: 12(of 12)

Best time in the category: 49:26