



10. Schlaubetalmarathon

Eisenhüttenstadt / 15.10.2016

Detailed evaluation

Rudert, Andreas

Club: IHW Alex Orientierungslauf
Number: 729

Course: 43.00 km
Schlaubetal-Marathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 3:57:22

Speed: 10.87 km/h

Rank in course/Total: 40 (of 132)

Rank in course/Men: 37 (of 105)

Best time in course: 2:59:41

Rank in category: 7(of 21)

Best time in the category: 2:59:41

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	11.60	1:01:42	10.70	9	16:17	50	16:17	11.60	1:01:42	10.70	9	16:17	50	16:17
Lap 2	9.90	56:58	9.48	9	14:44	51	14:44	21.50	1:58:40	10.62	9	31:01	51	31:01
Lap 3	11.10	1:04:14	10.28	8	14:39	33	14:39	32.60	3:02:54	10.50	8	45:40	43	45:40
Last lap Inselhall	10.40	54:28	11.02	8	12:01	29	12:01	43.00	3:57:22	10.87	7	57:41	37	57:41