



# 10. Schlaubetalmarathon

Eisenhüttenstadt / 15.10.2016

## Detailed evaluation

**Carmesin, Ralf**

Club: Lübben/Spreewald  
Number: 722

Course: 43.00 km  
Schlaubetal-Marathon

Category:  
Senioren M45 (45-49 Jahre)

Total time: 4:09:25

Speed: 10.34 km/h

Rank in course/Total: 59 (of 132)

Rank in course/Men: 54 (of 105)

Best time in course: 2:59:41

Rank in category: 14(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	1:05:23	10.64	15	19:58	71	19:58	11.60	1:05:23	10.64	15	19:58	71	19:58
Lap 2	9.90	59:20	10.01	15	17:06	65	17:06	21.50	2:04:43	10.34	14	37:04	71	37:04
Lap 3	11.10	1:08:18	9.75	14	18:43	52	18:43	32.60	3:13:01	10.13	15	55:47	61	55:47
Last lap Inselhall	10.40	56:24	11.06	10	13:57	36	13:57	43.00	4:09:25	10.34	14	1:09:44	54	1:09:44