



6. Weidatal Marathon

Turnerheim Weißendorf bei Zeulenroda / 13.09.2009

Detailed evaluation

Frenzel, Gernot

Club: Rennsteiglaufverein Magna Mirrors
Number: 1078

Course: 32.40 km
3/4-Marathon

Category:
Männer M40

Total time: 2:50:15

Speed: 11.28 km/h
Running performance: 05:15 min/km

Rank in course/Total: 7 (of 31)

Rank in course/Men: 7 (of 25)

Best time in course: 2:27:36

Rank in category: 4(of 11)

Best time in the category: 2:28:59

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Durchlauf	21.10	1:48:36	5:08	4	14:52	7	14:52	21.10	1:48:36	5:08	4	14:52	19	14:52
Ziel Lauf	11.30	1:01:39	5:27	4	6:40	7	8:38	32.40	2:50:15	5:15	4	21:16	7	22:39