



3. Schlaubetal-Marathon

Eisenhüttenstadt / 17.10.2009

Detailed evaluation

Bogs, Dominique

Club: MSV Tripoint Frankfurt (Oder)
Number: 419

Course: 21.10 km
Cross-Halbmarathon

Category:
Männer M20

Total time: 1:23:07

Speed: 15.16 km/h
Running performance: 3:56 min/km

Rank in course/Total: 2 (of 133)

Rank in course/Men: 2 (of 99)

Best time in course: 1:22:59

Rank in category: 1(of 14)

Best time in the category: 1:23:07

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	10.40	42:00	4:02	1	-	2	0:34	10.40	42:00	4:02	1	-	63	
Last lap Finish	10.70	41:07	3:50	1	-	1	-	21.10	1:23:07	3:56	1	-	2	0:08