



3. Schlaubetal-Marathon Eisenhüttenstadt / 17.10.2009

Detailed evaluation

Schmidt, Heiko

Club: Eisenhüttenstadt
Number: 441

Course: 21.10 km
Cross-Halbmarathon

Category:
Männer M45

Total time: 1:27:49

Speed: 14.42 km/h
Running performance: 4:10 min/km

Rank in course/Total: 6 (of 133)

Rank in course/Men: 6 (of 99)

Best time in course: 1:22:59

Rank in category: 2(of 19)

Best time in the category: 1:22:59

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
Lap 1	10.40	43:50	4:12	2	2:24	6	2:24	10.40	43:50	4:12	16		59	
Last lap Finish	10.70	43:59	4:06	2	2:26	5	2:52	21.10	1:27:49	4:09	2	4:50	6	4:50