



3. Schlaubetal-Marathon Eisenhüttenstadt / 17.10.2009

Detailed evaluation

Vanselow, Thomas

Club: LLB

Number: 448

Course: 21.10 km

Cross-Halbmarathon

Category:

Männer M30

Total time: 1:35:38

Speed: 13.18 km/h

Running performance: 4:32 min/km

Rank in course/Total: 12 (of 133)

Rank in course/Men: 12 (of 99)

Best time in course: 1:22:59

Rank in category: 1(of 10)

Best time in the category: 1:35:38

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	48:44	4:41	1	-	17	7:18	10.40	48:44	4:41	1	-	41	
Last lap Finish	10.70	46:54	4:22	1	-	10	5:47	21.10	1:35:38	4:31	1	-	12	12:39