



3. Schlaubetal-Marathon Eisenhüttenstadt / 17.10.2009

Detailed evaluation

Foerster, Tim

Club: MSV Tripoint Frankfurt (Oder)
Number: 388

Course: 21.10 km
Cross-Halbmarathon

Category:
Männer M20

Total time: 1:36:02

Speed: 13.12 km/h
Running performance: 4:33 min/km

Rank in course/Total: 13 (of 133)

Rank in course/Men: 13 (of 99)

Best time in course: 1:22:59

Rank in category: 3(of 14)

Best time in the category: 1:23:07

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	48:01	4:37	3	6:01	12	6:35	10.40	48:01	4:37	3	6:01	52	
Last lap Finish	10.70	48:01	4:29	3	6:54	13	6:54	21.10	1:36:02	4:33	3	12:55	13	13:03