



3. Schlaubetal-Marathon

Eisenhüttenstadt / 17.10.2009

Detailed evaluation

Giesel, Torsten

Club: SV Wellmitz
Number: 432

Course: 21.10 km
Cross-Halbmarathon

Category:
Männer M40

Total time: 1:39:31

Speed: 12.72 km/h
Running performance: 4:43 min/km

Rank in course/Total: 15 (of 133)

Rank in course/Men: 15 (of 99)

Best time in course: 1:22:59

Rank in category: 4(of 21)

Best time in the category: 1:27:12

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	47:58	4:36	3	4:45	11	6:32	10.40	47:58	4:36	15			50
Last lap Finish	10.70	51:33	4:49	7	7:49	22	10:26	21.10	1:39:31	4:42	4	12:19	15	16:32