



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: 12.66 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 km | Split Time | Split min/km | Pos Cat. | Behind Cat. | Stage score | | Total ranking | | | | | | | |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|--|
| | | | | | | Pos Men | Behind Men | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Men | Behind 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 | |