



3. Schlaubetal-Marathon  
Eisenhüttenstadt / 17.10.2009

Detailed evaluation

Lücken, Martin

Club: Team belüsa  
Number: 364

Course: 21.10 km  
Cross-Halbmarathon

Category:  
Männer M45

Total time: 1:40:15

Speed: 12.57 km/h  
Running performance: 4:45 min/km

Rank in course/Total: 17 (of 133)

Rank in course/Men: 17 (of 99)

Best time in course: 1:22:59

Rank in category: 4(of 19)

Best time in the category: 1:22:59

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	48:56	4:42	4	7:30	18	7:30	10.40	48:56	4:42	14			48	
Last lap Finish	10.70	51:19	4:47	4	9:46	20	10:12	21.10	1:40:15	4:45	4	17:16	17	17:16	