



3. Schlaubetal-Marathon  
Eisenhüttenstadt / 17.10.2009

Detailed evaluation

Richtsteiger, Uwe

Club: VS

Number: 422

Course: 21.10 km

Cross-Halbmarathon

Category:

Männer M45

Total time: 1:42:55

Speed: 12.24 km/h

Running performance: 4:53 min/km

Rank in course/Total: 19 (of 133)

Rank in course/Men: 19 (of 99)

Best time in course: 1:22:59

Rank in category: 5(of 19)

Best time in the category: 1:22:59

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	51:13	4:55	5	9:47	21	9:47	10.40	51:13	4:55	13			46
Last lap Finish	10.70	51:42	4:49	5	10:09	23	10:35	21.10	1:42:55	4:52	5	19:56	19	19:56