



3. Schlaubetal-Marathon Eisenhüttenstadt / 17.10.2009

Detailed evaluation

Sonnenberg, Torsten

Club: Bornow
Number: 400

Course: 21.10 km
Cross-Halbmarathon

Category:
Männer M40

Total time: 1:43:09

Speed: 12.22 km/h
Running performance: 4:53 min/km

Rank in course/Total: 20 (of 133)

Rank in course/Men: 20 (of 99)

Best time in course: 1:22:59

Rank in category: 6(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	53:08	5:06	8	9:55	27	11:42	10.40	53:08	5:06	13			45	
Last lap Finish	10.70	50:01	4:40	4	6:17	16	8:54	21.10	1:43:09	4:53	6	15:57	20	20:10	