



3. Schlaubetal-Marathon
Eisenhüttenstadt / 17.10.2009

Detailed evaluation

Heinze, Michael

Club: Beeskow
Number: 435

Course: 21.10 km
Cross-Halbmarathon

Category:
Männer M40

Total time: 1:45:32

Speed: 11.94 km/h
Running performance: 5:00 min/km

Rank in course/Total: 25 (of 133)

Rank in course/Men: 25 (of 99)

Best time in course: 1:22:59

Rank in category: 8(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	52:16	5:01	7	9:03	23	10:50	10.40	52:16	5:01	11			79	
Last lap Finish	10.70	53:16	4:58	8	9:32	29	12:09	21.10	1:45:32	5:00	8	18:20	25	22:33	