



3. Schlaubetal-Marathon

Eisenhüttenstadt / 17.10.2009

Detailed evaluation

Naumann, Jörg

Club: Blau-Weiß Ziltendorf
Number: 322

Course: 21.10 km
Cross-Halbmarathon

Category:
Männer M45

Total time: 1:46:03

Speed: 11.88 km/h
Running performance: 5:02 min/km

Rank in course/Total: 27 (of 133)

Rank in course/Men: 27 (of 99)

Best time in course: 1:22:59

Rank in category: 6(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	54:19	5:13	6	12:53	37	12:53	10.40	54:19	5:13	12			77
Last lap Finish	10.70	51:44	4:50	6	10:11	24	10:37	21.10	1:46:03	5:01	6	23:04	27	23:04