



3. Schlaubetal-Marathon

Eisenhüttenstadt / 17.10.2009

Detailed evaluation

Meinel, Ralf

Club: Eisenhüttenstadt

Number: 391

Course: 21.10 km

Cross-Halbmarathon

Category:

Männer M40

Total time: 1:49:27

Speed: 11.51 km/h

Running performance: 5:11 min/km

Rank in course/Total: 39 (of 133)

Rank in course/Men: 37 (of 99)

Best time in course: 1:22:59

Rank in category: 11(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	53:59	5:11	9	10:46	33	12:33	10.40	53:59	5:11	1	-	68	
Last lap Finish	10.70	55:28	5:11	11	11:44	40	14:21	21.10	1:49:27	5:11	11	22:15	37	26:28