



3. Schlaubetal-Marathon

Eisenhüttenstadt / 17.10.2009

Detailed evaluation

Müller, Ralf

Club: BSG Pneumant Fürstenwalde
Number: 433

Course: 21.10 km
Cross-Halbmarathon

Category:
Männer M45

Total time: 1:50:22

Speed: 11.42 km/h
Running performance: 5:14 min/km

Rank in course/Total: 41 (of 133)

Rank in course/Men: 39 (of 99)

Best time in course: 1:22:59

Rank in category: 8(of 19)

Best time in the category: 1:22:59

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total km	Total Time	Total min/km	Total ranking		Pos Cat.	Behind Cat.	Pos Men	Behind Men
						Pos Men	Behind Men				Pos Men	Behind Men				
Lap 1	10.40	54:46	5:15	7	13:20	41	13:20	10.40	54:46	5:15	10		66	0:18		
Last lap Finish	10.70	55:36	5:11	10	14:03	43	14:29	21.10	1:50:22	5:13	8	27:23	39	27:23		