



3. Schlaubetal-Marathon

Eisenhüttenstadt / 17.10.2009

Detailed evaluation

Christl, Matthias

Club: Rennschnecken Cottbus
Number: 437

Course: 21.10 km
Cross-Halbmarathon

Category:
Männer M30

Total time: 1:51:01

Speed: 11.35 km/h
Running performance: 5:16 min/km

Rank in course/Total: 43 (of 133)

Rank in course/Men: 41 (of 99)

Best time in course: 1:22:59

Rank in category: 4(of 10)

Best time in the category: 1:35:38

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Behind	Total		Pos	Behind	Pos		Behind
	km	Time			min/km	Cat.		Men	Men			km	Time	
Lap 1	10.40	56:58	5:28	5	8:14	55	15:32	10.40	56:58	5:28	4	8:14	65	2:30
Last lap Finish	10.70	54:03	5:03	3	7:09	32	12:56	21.10	1:51:01	5:15	4	15:23	41	28:02