



3. Schlaubetal-Marathon  
Eisenhüttenstadt / 17.10.2009

Detailed evaluation

Grüner, Roman

Club: USV Jena e. V.  
Number: 190

Course: 10.00 km  
10 km Lauf

Category:  
Männer M30

Total time: 46:22

Speed: 12.94 km/h  
Running performance: 4:38 min/km

Rank in course/Total: 16 (of 95)

Rank in course/Men: 16 (of 52)

Best time in course: 34:28

Rank in category: 3(of 8)

Best time in the category: 35:25