



3. Schlaubetal-Marathon Eisenhüttenstadt / 17.10.2009

Detailed evaluation

Strehlow, René

Club: FC Waikiki
Number: 396

Course: 21.10 km
Cross-Halbmarathon

Category:
Männer M20

Total time: 1:51:12

Speed: 11.33 km/h
Running performance: 5:16 min/km

Rank in course/Total: 44 (of 133)

Rank in course/Men: 42 (of 99)

Best time in course: 1:22:59

Rank in category: 7(of 14)

Best time in the category: 1:23:07

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	54:53	5:16	7	12:53	43	13:27	10.40	54:53	5:16	7	12:53	20	0:25
Last lap Finish	10.70	56:19	5:15	7	15:12	47	15:12	21.10	1:51:12	5:16	7	28:05	42	28:13