



3. Schlaubetal-Marathon

Eisenhüttenstadt / 17.10.2009

Detailed evaluation

Keppner, Andreas

Club: Wilde Papi`s

Number: 314

Course: 21.10 km

Cross-Halbmarathon

Category:

Männer M45

Total time: 1:52:13

Speed: 11.23 km/h

Running performance: 5:19 min/km

Rank in course/Total: 48 (of 133)

Rank in course/Men: 46 (of 99)

Best time in course: 1:22:59

Rank in category: 9(of 19)

Best time in the category: 1:22:59

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	56:42	5:27	10	15:16	52	15:16	10.40	56:42	5:27	9	1:25	17	2:14
Last lap Finish	10.70	55:31	5:11	9	13:58	41	14:24	21.10	1:52:13	5:19	9	29:14	46	29:14