



3. Schlaubetal-Marathon

Eisenhüttenstadt / 17.10.2009

Detailed evaluation

Gardt, Olaf

Club: Beeskow
Number: 353

Course: 21.10 km
Cross-Halbmarathon

Category:
Männer M45

Total time: 1:52:22

Speed: 11.21 km/h
Running performance: 5:20 min/km

Rank in course/Total: 49 (of 133)

Rank in course/Men: 47 (of 99)

Best time in course: 1:22:59

Rank in category: 10(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 ranking | | | | | | |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
| | | | | | | Pos Men | Behind Men | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Men | Behind Men |
| Lap 1 | 10.40 | 55:17 | 5:18 | 9 | 13:51 | 46 | 13:51 | 10.40 | 55:17 | 5:18 | 1 | - | 16 | 0:49 |
| Last lap Finish | 10.70 | 57:05 | 5:20 | 14 | 15:32 | 51 | 15:58 | 21.10 | 1:52:22 | 5:19 | 10 | 29:23 | 47 | 29:23 |