



3. Schlaubetal-Marathon

Eisenhüttenstadt / 17.10.2009

Detailed evaluation

Schwarzer, Thomas

Club: FreiLauf Potsdam
Number: 379

Course: 21.10 km
Cross-Halbmarathon

Category:
Männer M45

Total time: 1:53:10

Speed: 11.13 km/h
Running performance: 5:22 min/km

Rank in course/Total: 51 (of 133)

Rank in course/Men: 49 (of 99)

Best time in course: 1:22:59

Rank in category: 11(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	10.40	56:48	5:27	11	15:22	53	15:22	10.40	56:48	5:27	7	1:31	14	2:20
Last lap Finish	10.70	56:22	5:16	13	14:49	48	15:15	21.10	1:53:10	5:21	11	30:11	49	30:11