



3. Schlaubetal-Marathon Eisenhüttenstadt / 17.10.2009

Detailed evaluation

Schrabe, Andreas

Club: Frankfurt/O.
Number: 429

Course: 21.10 km
Cross-Halbmarathon

Category:
Männer M45

Total time: 1:57:00

Speed: 10.82 km/h
Running performance: 5:33 min/km

Rank in course/Total: 59 (of 133)

Rank in course/Men: 56 (of 99)

Best time in course: 1:22:59

Rank in category: 14(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	59:32	5:43	14	18:06	64	18:06	10.40	59:32	5:43	5	4:15	8	5:04
Last lap Finish	10.70	57:28	5:22	15	15:55	52	16:21	21.10	1:57:00	5:32	14	34:01	56	34:01