



3. Schlaubetal-Marathon

Eisenhüttenstadt / 17.10.2009

Detailed evaluation

BOCK, HARALD

Club: DHK 96

Number: 319

Course: 21.10 km

Cross-Halbmarathon

Category:

Männer M50

Total time: 1:58:48

Speed: 10.66 km/h

Running performance: 5:38 min/km

Rank in course/Total: 64 (of 133)

Rank in course/Men: 61 (of 99)

Best time in course: 1:22:59

Rank in category: 4(of 8)

Best time in the category: 1:45:38

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	59:42	5:44	5	8:08	66	18:16	10.40	59:42	5:44	4	8:08	6	5:14
Last lap Finish	10.70	59:06	5:31	3	5:16	56	17:59	21.10	1:58:48	5:37	4	13:10	61	35:49