



3. Schlaubetal-Marathon

Eisenhüttenstadt / 17.10.2009

Detailed evaluation

Pommerening, Mirko

Club: Eisenhüttenstadt
Number: 300

Course: 21.10 km
Cross-Halbmarathon

Category:
Männer M35

Total time: 2:00:16

Speed: 10.53 km/h
Running performance: 5:42 min/km

Rank in course/Total: 68 (of 133)

Rank in course/Men: 65 (of 99)

Best time in course: 1:22:59

Rank in category: 5(of 7)

Best time in the category: 1:35:17

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	59:53	5:45	6	11:38	69	18:27	10.40	59:53	5:45	5	11:38	3	5:25
Last lap Finish	10.70	1:00:23	5:38	5	13:21	61	19:16	21.10	2:00:16	5:41	5	24:59	65	37:17