



3. Schlaubetal-Marathon Eisenhüttenstadt / 17.10.2009

Detailed evaluation

Goellner, Heiko

Club: Seat AH
Number: 354

Course: 21.10 km
Cross-Halbmarathon

Category:
Männer M40

Total time: 2:00:29

Speed: 10.46 km/h
Running performance: 5:43 min/km

Rank in course/Total: 70 (of 133)

Rank in course/Men: 67 (of 99)

Best time in course: 1:22:59

Rank in category: 15(of 21)

Best time in the category: 1:27:12

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	1:00:01	5:46	15	16:48	70	18:35	10.40	1:00:01	5:46	18	6:02	85	5:33
Last lap Finish	10.70	1:00:28	5:39	14	16:44	62	19:21	21.10	2:00:29	5:42	15	33:17	67	37:30