



3. Schlaubetal-Marathon Eisenhüttenstadt / 17.10.2009

Detailed evaluation

Palm, Ingo

Club: Polizei Berlin
Number: 324

Course: 21.10 km
Cross-Halbmarathon

Category:
Männer M50

Total time: 2:02:35

Speed: 10.28 km/h
Running performance: 5:49 min/km

Rank in course/Total: 75 (of 133)

Rank in course/Men: 71 (of 99)

Best time in course: 1:22:59

Rank in category: 5(of 8)

Best time in the category: 1:45:38

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	10.40	1:00:26	5:48	7	8:52	74	19:00	10.40	1:00:26	5:48	7	8:52	89	5:58
Last lap Finish	10.70	1:02:09	5:48	4	8:19	70	21:02	21.10	2:02:35	5:48	5	16:57	71	39:36