



### 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: 10.33 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	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	1:00:26	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