



3. Schlaubetal-Marathon

Eisenhüttenstadt / 17.10.2009

Detailed evaluation

Heinz, Sören

Club: Petershagen
Number: 389

Course: 21.10 km
Cross-Halbmarathon

Category:
Männer M40

Total time: 2:05:05

Speed: 10.07 km/h
Running performance: 5:56 min/km

Rank in course/Total: 86 (of 133)

Rank in course/Men: 79 (of 99)

Best time in course: 1:22:59

Rank in category: 17(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	1:03:09	6:04	17	19:56	79	21:43	10.40	1:03:09	6:04	20	9:10	94	8:41
Last lap Finish	10.70	1:01:56	5:47	16	18:12	69	20:49	21.10	2:05:05	5:55	17	37:53	79	42:06