



3. Schlaubetal-Marathon

Eisenhüttenstadt / 17.10.2009

Detailed evaluation

Westphal, Hartmut

Club: Möbiskruger SV 67
Number: 323

Course: 21.10 km
Cross-Halbmarathon

Category:
Männer M50

Total time: 2:06:38

Speed: 9.95 km/h
Running performance: 6:00 min/km

Rank in course/Total: 89 (of 133)

Rank in course/Men: 81 (of 99)

Best time in course: 1:22:59

Rank in category: 7(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	52:45	5:04	2	1:11	25	11:19	10.40	52:45	5:04	5	1:11	36	
Last lap Finish	10.70	1:13:53	6:54	8	20:03	90	32:46	21.10	2:06:38	6:00	7	21:00	81	43:39