



3. Schlaubetal-Marathon

Eisenhüttenstadt / 17.10.2009

Detailed evaluation

Guder, Bernd

Club: Siehdichum
Number: 339

Course: 21.10 km
Cross-Halbmarathon

Category:
Männer M65

Total time: 2:10:48

Speed: 9.63 km/h
Running performance: 6:12 min/km

Rank in course/Total: 96 (of 133)

Rank in course/Men: 84 (of 99)

Best time in course: 1:22:59

Rank in category: 3(of 3)

Best time in the category: 1:49:48

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	1:05:38	6:18	3	11:22	84	24:12	10.40	1:05:38	6:18	3	11:22	34	11:10
Last lap Finish	10.70	1:05:10	6:05	3	9:38	81	24:03	21.10	2:10:48	6:11	3	21:00	84	47:49