



3. Schlaubetal-Marathon

Eisenhüttenstadt / 17.10.2009

Detailed evaluation

Nielsen, Kaj

Club: Glamsbjerg motion
Number: 368

Course: 21.10 km
Cross-Halbmarathon

Category:
Männer M60

Total time: 2:19:34

Speed: 9.07 km/h
Running performance: 6:37 min/km

Rank in course/Total: 110 (of 133)

Rank in course/Men: 89 (of 99)

Best time in course: 1:22:59

Rank in category: 2(of 3)

Best time in the category: 1:35:30

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	1:08:55	6:37	2	21:55	88	27:29	10.40	1:08:55	6:37	2	21:55	21	14:27
Last lap Finish	10.70	1:10:39	6:36	3	22:09	89	29:32	21.10	2:19:34	6:36	2	44:04	89	56:35