



3. Schlaubetal-Marathon
Eisenhüttenstadt / 17.10.2009

Detailed evaluation

Lüders, Niels-Olaf

Club: Storkow
Number: 390

Course: 21.10 km
Cross-Halbmarathon

Category:
Männer M40

Total time: 2:19:45

Speed: 9.06 km/h
Running performance: 6:37 min/km

Rank in course/Total: 111 (of 133)

Rank in course/Men: 90 (of 99)

Best time in course: 1:22:59

Rank in category: 19(of 21)

Best time in the category: 1:27:12

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	10.40	1:09:38	6:41	19	26:25	90	28:12	10.40	1:09:38	6:41	4	15:39	30	15:10
Last lap Finish	10.70	1:10:07	6:33	19	26:23	88	29:00	21.10	2:19:45	6:37	19	52:33	90	56:46