



3. Schlaubetal-Marathon Eisenhüttenstadt / 17.10.2009

Detailed evaluation

Gamst, Andreas

Club: Meckenheim
Number: 445

Course: 21.10 km
Cross-Halbmarathon

Category:
Männer M60

Total time: 2:21:23

Speed: 8.91 km/h
Running performance: 6:42 min/km

Rank in course/Total: 114 (of 133)

Rank in course/Men: 91 (of 99)

Best time in course: 1:22:59

Rank in category: 3(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	1:12:21	6:57	3	25:21	94	30:55	10.40	1:12:21	6:57	3	25:21	29	17:53
Last lap Finish	10.70	1:09:02	6:27	2	20:32	87	27:55	21.10	2:21:23	6:42	3	45:53	91	58:24