



3. Schlaubetal-Marathon Eisenhüttenstadt / 17.10.2009

Detailed evaluation

Bienwald, Andreas

Club: Graz
Number: 406

Course: 21.10 km
Cross-Halbmarathon

Category:
Männer M45

Total time: 2:27:43

Speed: 8.57 km/h
Running performance: 7:00 min/km

Rank in course/Total: 120 (of 133)

Rank in course/Men: 95 (of 99)

Best time in course: 1:22:59

Rank in category: 19(of 19)

Best time in the category: 1:22:59

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	1:11:21	6:51	19	29:55	91	29:55	10.40	1:11:21	6:51	2	16:04	26	16:53
Last lap Finish	10.70	1:16:22	7:08	19	34:49	94	35:15	21.10	2:27:43	7:00	19	1:04:44	95	1:04:44