



3. Schlaubetal-Marathon
Eisenhüttenstadt / 17.10.2009

Detailed evaluation

van Amerongen, Lars

Club: Beeskow
Number: 304

Course: 21.10 km
Cross-Halbmarathon

Category:
Männer M20

Total time: 2:33:44

Speed: 8.24 km/h
Running performance: 7:17 min/km

Rank in course/Total: 126 (of 133)

Rank in course/Men: 96 (of 99)

Best time in course: 1:22:59

Rank in category: 12(of 14)

Best time in the category: 1:23:07

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	1:17:18	7:25	13	35:18	96	35:52	10.40	1:17:18	7:25	11	35:18	25	22:50
Last lap Finish	10.70	1:16:26	7:08	12	35:19	95	35:19	21.10	2:33:44	7:17	12	1:10:37	96	1:10:45