



3. Schlaubetal-Marathon

Eisenhüttenstadt / 17.10.2009

Detailed evaluation

Vinzelberg, Dirk

Club: LG Roland Haldensleben
Number: 605

Course: 43.50 km
Marathon

Category:
Männer M45

Total time: 3:16:37

Speed: 13.12 km/h
Running performance: 4:31 min/km

Rank in course/Total: 3 (of 105)

Rank in course/Men: 3 (of 92)

Best time in course: 3:10:17

Rank in category: 1(of 13)

Best time in the category: 3:16:37

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	11.60	46:27	4:00	1	-	3	0:55	11.60	46:27	4:00	1	-	58	
Lap 2	18.80	1:20:45	4:17	1	-	4	20:05	30.40	2:07:12	4:11	11		83	
Last lap Finish	13.10	1:09:25	5:17	2	3:17	8	6:47	43.50	3:16:37	4:31	1	-	3	6:20