



3. Schlaubetal-Marathon

Eisenhüttenstadt / 17.10.2009

Detailed evaluation

Paul, Torsten

Club: TLV Rangsdorf
Number: 694

Course: 43.50 km
Marathon

Category:
Männer M40

Total time: 3:17:53

Speed: 13.04 km/h
Running performance: 4:33 min/km

Rank in course/Total: 4 (of 105)

Rank in course/Men: 4 (of 92)

Best time in course: 3:10:17

Rank in category: 1(of 23)

Best time in the category: 3:17:53

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Behind	Total		Pos	Behind	Pos		Behind	
	km	Time			min/km	Cat.		Cat.	Men			Men	km		Time
Lap 1	11.60	50:48	4:22	2	3:45	11	5:16	11.60	50:48	4:22	8	-	-	57	-
Lap 2	18.80	1:24:27	4:29	2	20:22	7	23:47	30.40	2:15:15	4:26	12	-	-	65	-
Last lap Finish	13.10	1:02:38	4:46	1	-	1	-	43.50	3:17:53	4:32	1	-	-	4	7:36