



3. Schlaubetal-Marathon

Eisenhüttenstadt / 17.10.2009

Detailed evaluation

Malig, Ralf

Club: Bowlingclub Senftenberg
Number: 614

Course: 43.50 km
Marathon

Category:
Männer M45

Total time: 3:19:31

Speed: 13.08 km/h
Running performance: 4:35 min/km

Rank in course/Total: 5 (of 105)

Rank in course/Men: 5 (of 92)

Best time in course: 3:10:17

Rank in category: 2(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	49:47	4:17	2	3:20	9	4:15	11.60	49:47	4:17	2	3:20	56		
Lap 2	18.80	1:23:36	4:26	2	2:51	6	22:56	30.40	2:13:23	4:23	1	-	64		
Last lap Finish	13.10	1:06:08	5:02	1	-	5	3:30	43.50	3:19:31	4:35	2	2:54	5	9:14	