



3. Schlaubetal-Marathon  
Eisenhüttenstadt / 17.10.2009

Detailed evaluation

Lemanczyk, Thomas

Club: Eisenhüttenstadt  
Number: 155

Course: 10.00 km  
10 km Lauf

Category:  
Männer M30

Total time: 50:05

Speed: 11.98 km/h  
Running performance: 5:01 min/km

Rank in course/Total: 25 (of 95)

Rank in course/Men: 24 (of 52)

Best time in course: 34:28

Rank in category: 4(of 8)

Best time in the category: 35:25