



3. Schlaubetal-Marathon

Eisenhüttenstadt / 17.10.2009

Detailed evaluation

Zeise, Volkhard

Club: LLV Ludwigsfelde
Number: 1300

Course: 21.10 km
Halbmarathon Nordic-Walking

Category:
Nordic Walking-Männer

Total time: 3:21:51

Speed: 6.24 km/h
Running performance: 9:34 min/km

Rank in course/Total: 7 (of 8)

Rank in course/Men: 3 (of 3)

Best time in course: 2:53:42

Rank in category: 3(of 3)

Best time in the category: 2:53:42

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	10.40	1:33:27	8:59	3	6:35	3	6:35	10.40	1:33:27	8:59	3	6:35	3	6:35
Last lap Finish	10.70	1:48:24	10:07	3	21:34	3	21:34	21.10	3:21:51	9:33	3	28:09	3	28:09