



### 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 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	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