



3. Schlaubetal-Marathon

Eisenhüttenstadt / 17.10.2009

Detailed evaluation

siemund, christian

Club: eisenhüttenstadt

Number: 612

Course: 43.50 km

Marathon

Category:

Männer M20

Total time: 3:25:08

Speed: 12.72 km/h

Running performance: 4:43 min/km

Rank in course/Total: 7 (of 105)

Rank in course/Men: 7 (of 92)

Best time in course: 3:10:17

Rank in category: 2(of 9)

Best time in the category: 3:23:53

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	11.60	53:04	4:34	2	6:33	15	7:32	11.60	53:04	4:34	2	6:33	54	
Lap 2	18.80	1:25:08	4:31	1	-	8	24:28	30.40	2:18:12	4:32	2	4:40	62	
Last lap Finish	13.10	1:06:56	5:06	1	-	6	4:18	43.50	3:25:08	4:42	2	1:15	7	14:51