



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: 12.58 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 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 | 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 | |