



3. Schlaubetal-Marathon Eisenhüttenstadt / 17.10.2009

Detailed evaluation

Löchel, Thomas

Club: MSV Tripoint Frankfurt (Oder)
Number: 696

Course: 43.50 km
Marathon

Category:
Männer M35

Total time: 3:30:32

Speed: 12.25 km/h
Running performance: 4:50 min/km

Rank in course/Total: 9 (of 105)

Rank in course/Men: 9 (of 92)

Best time in course: 3:10:17

Rank in category: 1(of 8)

Best time in the category: 3:30:32

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	49:01	4:13	1	-	7	3:29	11.60	49:01	4:13	1	-	52	
Lap 2	18.80	1:28:27	4:42	1	-	11	27:47	30.40	2:17:28	4:31	1	-	60	
Last lap Finish	13.10	1:13:04	5:34	1	-	11	10:26	43.50	3:30:32	4:50	1	-	9	20:15