



3. Schlaubetal-Marathon

Eisenhüttenstadt / 17.10.2009

Detailed evaluation

Herrmann, Ingmar

Club: Strassacker
Number: 719

Course: 43.50 km
Marathon

Category:
Männer M35

Total time: 3:39:09

Speed: 11.91 km/h
Running performance: 5:02 min/km

Rank in course/Total: 11 (of 105)

Rank in course/Men: 11 (of 92)

Best time in course: 3:10:17

Rank in category: 2(of 8)

Best time in the category: 3:30:32

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Behind	Total		Pos	Behind	Pos		Behind
	km	Time			min/km	Cat.		Men	Men			km	Time	
Lap 1	11.60	51:30	4:26	3	2:29	12	5:58	11.60	51:30	4:26	2	2:29	50	
Lap 2	18.80	1:30:02	4:47	2	1:35	13	29:22	30.40	2:21:32	4:39	2	4:04	58	
Last lap Finish	13.10	1:17:37	5:55	3	4:33	19	14:59	43.50	3:39:09	5:02	2	8:37	11	28:52