



### 3. Schlaubetal-Marathon

Eisenhüttenstadt / 17.10.2009

#### Detailed evaluation

**Fischer, Frank**

Club: LT Rangsdorf  
Number: 683

Course: 43.50 km  
Marathon

Category:  
Männer M45

Total time: 3:43:57

Speed: 11.52 km/h  
Running performance: 5:09 min/km

Rank in course/Total: 12 (of 105)

Rank in course/Men: 12 (of 92)

Best time in course: 3:10:17

Rank in category: 3(of 13)

Best time in the category: 3:16:37

#### Intermediate times

#### Stage score

#### Total ranking

| Control         | Split |         | Pos  | Behind | Pos    |      | Behind | Total |         | Pos  | Behind | Pos   |    | Behind |      |
|-----------------|-------|---------|------|--------|--------|------|--------|-------|---------|------|--------|-------|----|--------|------|
|                 | km    | Time    |      |        | min/km | Cat. |        | Cat.  | Men     |      |        | Men   | km |        | Time |
| Lap 1           | 11.60 | 55:05   | 4:44 | 4      | 8:38   | 20   | 9:33   | 11.60 | 55:05   | 4:44 | 3      | 8:38  | 38 |        |      |
| Lap 2           | 18.80 | 1:35:04 | 5:03 | 3      | 14:19  | 17   | 34:24  | 30.40 | 2:30:09 | 4:56 | 2      | 16:46 | 57 |        |      |
| Last lap Finish | 13.10 | 1:13:48 | 5:38 | 3      | 7:40   | 12   | 11:10  | 43.50 | 3:43:57 | 5:08 | 3      | 27:20 | 12 | 33:40  |      |