



3. Schlaubetal-Marathon

Eisenhüttenstadt / 17.10.2009

Detailed evaluation

Rumor, Silvio

Club: Frankfurt (Oder)
Number: 609

Course: 43.50 km
Marathon

Category:
Männer M35

Total time: 3:49:57

Speed: 11.22 km/h
Running performance: 5:17 min/km

Rank in course/Total: 16 (of 105)

Rank in course/Men: 16 (of 92)

Best time in course: 3:10:17

Rank in category: 3(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	52:59	4:34	4	3:58	13	7:27	11.60	52:59	4:34	3	3:58	45	
Lap 2	18.80	1:32:58	4:56	3	4:31	14	32:18	30.40	2:25:57	4:48	3	8:29	53	
Last lap Finish	13.10	1:24:00	6:24	6	10:56	31	21:22	43.50	3:49:57	5:17	3	19:25	16	39:40