



3. Schlaubetal-Marathon

Eisenhüttenstadt / 17.10.2009

Detailed evaluation

Münnich, Sebastian

Club: MSV Tripoint Frankfurt (Oder)
Number: 640

Course: 43.50 km
Marathon

Category:
Männer M30

Total time: 3:50:07

Speed: 11.21 km/h
Running performance: 5:17 min/km

Rank in course/Total: 17 (of 105)

Rank in course/Men: 17 (of 92)

Best time in course: 3:10:17

Rank in category: 2(of 8)

Best time in the category: 3:48:34

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	57:12	4:55	3	3:43	28	11:40	11.60	57:12	4:55	2	3:43	44		
Lap 2	18.80	1:38:34	5:14	4	4:00	26	37:54	30.40	2:35:46	5:07	2	7:10	52		
Last lap Finish	13.10	1:14:21	5:40	1	-	13	11:43	43.50	3:50:07	5:17	2	1:33	17	39:50	