



3. Schlaubetal-Marathon

Eisenhüttenstadt / 17.10.2009

Detailed evaluation

SAUER, Torsten

Club: Friedland
Number: 604

Course: 43.50 km
Marathon

Category:
Männer M30

Total time: 3:51:50

Speed: 11.26 km/h
Running performance: 5:20 min/km

Rank in course/Total: 18 (of 105)

Rank in course/Men: 18 (of 92)

Best time in course: 3:10:17

Rank in category: 3(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 | 54:34 | 4:42 | 2 | 1:05 | 19 | 9:02 | 11.60 | 54:34 | 4:42 | 3 | 1:05 | 43 | | |
| Lap 2 | 18.80 | 1:34:34 | 5:01 | 1 | - | 15 | 33:54 | 30.40 | 2:29:08 | 4:54 | 3 | 0:32 | 51 | | |
| Last lap Finish | 13.10 | 1:22:42 | 6:18 | 5 | 8:21 | 27 | 20:04 | 43.50 | 3:51:50 | 5:19 | 3 | 3:16 | 18 | 41:33 | |