



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: 11.13 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	