



### 3. Schlaubetal-Marathon

Eisenhüttenstadt / 17.10.2009

#### Detailed evaluation

**Janiszewski, Günter**

Club: TV Fürstenwalde 1990 e.V.  
Number: 680

Course: 43.50 km  
Marathon

Category:  
Männer M50

Total time: 3:52:07

Speed: 11.12 km/h  
Running performance: 5:20 min/km

Rank in course/Total: 19 (of 105)

Rank in course/Men: 19 (of 92)

Best time in course: 3:10:17

Rank in category: 4(of 11)

Best time in the category: 3:11:59

#### 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	56:23	4:51	5	10:51	23	10:51	11.60	56:23	4:51	4	10:51	42		
Lap 2	18.80	1:38:28	5:14	5	37:48	25	37:48	30.40	2:34:51	5:05	4	28:06	50		
Last lap Finish	13.10	1:17:16	5:53	4	12:02	18	14:38	43.50	3:52:07	5:20	4	40:08	19	41:50	