



### 3. Schlaubetal-Marathon

Eisenhüttenstadt / 17.10.2009

#### Detailed evaluation

**Sieber, Henning**

Club: Berlin  
Number: 674

Course: 43.50 km  
Marathon

Category:  
Männer M30

Total time: 3:54:05

Speed: 11.02 km/h  
Running performance: 5:23 min/km

Rank in course/Total: 22 (of 105)

Rank in course/Men: 21 (of 92)

Best time in course: 3:10:17

Rank in category: 4(of 8)

Best time in the category: 3:48:34

#### Intermediate times

#### Stage score

#### Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time			min/km	Cat.							
Lap 1	11.60	57:27	4:57	4	3:58	30	11:55	11.60	57:27	4:57	4	3:58	40
Lap 2	18.80	1:34:45	5:02	2	0:11	16	34:05	30.40	2:32:12	5:00	4	3:36	48
Last lap Finish	13.10	1:21:53	6:15	3	7:32	25	19:15	43.50	3:54:05	5:22	4	5:31	21 43:48