



3. Schlaubetal-Marathon

Eisenhüttenstadt / 17.10.2009

Detailed evaluation

Seiler, Heiko

Club: TSG-Seelow
Number: 655

Course: 43.50 km
Marathon

Category:
Männer M35

Total time: 3:58:01

Speed: 10.84 km/h
Running performance: 5:28 min/km

Rank in course/Total: 25 (of 105)

Rank in course/Men: 24 (of 92)

Best time in course: 3:10:17

Rank in category: 4(of 8)

Best time in the category: 3:30:32

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	1:02:12	5:21	7	13:11	48	16:40	11.60	1:02:12	5:21	8	13:11	77		
Lap 2	18.80	1:40:38	5:21	5	12:11	28	39:58	30.40	2:42:50	5:21	4	25:22	45		
Last lap Finish	13.10	1:15:11	5:44	2	2:07	14	12:33	43.50	3:58:01	5:28	4	27:29	24	47:44	