



3. Schlaubetal-Marathon

Eisenhüttenstadt / 17.10.2009

Detailed evaluation

Krause, Thilo

Club: MSV Tripoint Frankfurt (Oder)
Number: 659

Course: 43.50 km
Marathon

Category:
Männer M40

Total time: 4:01:24

Speed: 10.69 km/h
Running performance: 5:33 min/km

Rank in course/Total: 28 (of 105)

Rank in course/Men: 26 (of 92)

Best time in course: 3:10:17

Rank in category: 6(of 23)

Best time in the category: 3:17:53

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	53:32	4:36	3	6:29	17	8:00	11.60	53:32	4:36	11			68	
Lap 2	18.80	1:35:30	5:04	4	31:25	19	34:50	30.40	2:29:02	4:54	18			82	
Last lap Finish	13.10	1:32:22	7:03	12	29:44	51	29:44	43.50	4:01:24	5:32	6	43:31		26	51:07