



3. Schlaubetal-Marathon

Eisenhüttenstadt / 17.10.2009

Detailed evaluation

Hunderup, Kaj

Club: LIUF.Hjørring Denmark
Number: 676

Course: 43.50 km
Marathon

Category:
Männer M55

Total time: 4:02:43

Speed: 10.63 km/h
Running performance: 5:35 min/km

Rank in course/Total: 31 (of 105)

Rank in course/Men: 29 (of 92)

Best time in course: 3:10:17

Rank in category: 2(of 13)

Best time in the category: 3:10:17

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	11.60	56:49	4:53	2	10:23	25	11:17	11.60	56:49	4:53	2	10:23	65	
Lap 2	18.80	1:41:44	5:24	2	21:28	30	41:04	30.40	2:38:33	5:12	2	31:51	79	
Last lap Finish	13.10	1:24:10	6:25	3	20:35	33	21:32	43.50	4:02:43	5:34	2	52:26	29	52:26