



3. Schlaubetal-Marathon

Eisenhüttenstadt / 17.10.2009

Detailed evaluation

Knefel, Günter

Club: Reinickendorfer Füchse
Number: 661

Course: 43.50 km
Marathon

Category:
Männer M55

Total time: 4:03:05

Speed: 10.61 km/h
Running performance: 5:35 min/km

Rank in course/Total: 32 (of 105)

Rank in course/Men: 30 (of 92)

Best time in course: 3:10:17

Rank in category: 3(of 13)

Best time in the category: 3:10:17

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Behind	Total		Pos	Behind	Pos		Behind
	km	Time			min/km	Cat.		Men	Men			km	Time	
Lap 1	11.60	1:00:25	5:12	4	13:59	39	14:53	11.60	1:00:25	5:12	12	13:59	72	
Lap 2	18.80	1:46:31	5:39	3	26:15	39	45:51	30.40	2:46:56	5:29	3	40:14	78	
Last lap Finish	13.10	1:16:09	5:48	2	12:34	16	13:31	43.50	4:03:05	5:35	3	52:48	30	52:48