



3. Schlaubetal-Marathon

Eisenhüttenstadt / 17.10.2009

Detailed evaluation

Poeppel, Marcus

Club: Falkenhagen

Number: 669

Course: 43.50 km

Marathon

Category:

Männer M35

Total time: 4:03:40

Speed: 10.71 km/h

Running performance: 5:36 min/km

Rank in course/Total: 34 (of 105)

Rank in course/Men: 32 (of 92)

Best time in course: 3:10:17

Rank in category: 7(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	11.60	59:23	5:07	6	10:22	35	13:51	11.60	59:23	5:07	7	10:22	70	
Lap 2	18.80	1:40:38	5:21	5	12:11	28	39:58	30.40	2:40:01	5:15	7	22:33	67	
Last lap Finish	13.10	1:23:39	6:23	5	10:35	30	21:01	43.50	4:03:40	5:36	7	33:08	32	53:23