



3. Schlaubetal-Marathon

Eisenhüttenstadt / 17.10.2009

Detailed evaluation

Thurau, Thomas

Club: BSG Pneumant Fürstenwalde
Number: 633

Course: 43.50 km
Marathon

Category:
Männer M45

Total time: 4:09:02

Speed: 10.48 km/h
Running performance: 5:43 min/km

Rank in course/Total: 37 (of 105)

Rank in course/Men: 34 (of 92)

Best time in course: 3:10:17

Rank in category: 5(of 13)

Best time in the category: 3:16:37

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	58:38	5:03	6	12:11	34	13:06	11.60	58:38	5:03	4	12:11	62	
Lap 2	18.80	1:46:50	5:40	5	26:05	40	46:10	30.40	2:45:28	5:26	4	32:05	75	
Last lap Finish	13.10	1:23:34	6:22	5	17:26	29	20:56	43.50	4:09:02	5:43	5	52:25	34	58:45