



### 3. Schlaubetal-Marathon

Eisenhüttenstadt / 17.10.2009

#### Detailed evaluation

**Lenz, Michael**

Club: VS Berlin  
Number: 711

Course: 43.50 km  
Marathon

Category:  
Männer M40

Total time: 4:10:33

Speed: 10.30 km/h  
Running performance: 5:46 min/km

Rank in course/Total: 39 (of 105)

Rank in course/Men: 36 (of 92)

Best time in course: 3:10:17

Rank in category: 8(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	1:02:25	5:22	14	15:22	50	16:53	11.60	1:02:25	5:22	20	1:58	79	
Lap 2	18.80	1:49:26	5:49	12	45:21	46	48:46	30.40	2:51:51	5:39	16	3:30	73	
Last lap Finish	13.10	1:18:42	6:00	5	16:04	20	16:04	43.50	4:10:33	5:45	8	52:40	36	1:00:16