



3. Schlaubetal-Marathon

Eisenhüttenstadt / 17.10.2009

Detailed evaluation

Rudolph, Jens

Club: SV Turbine Hohenwarte
Number: 619

Course: 43.50 km
Marathon

Category:
Männer M40

Total time: 4:10:39

Speed: 10.41 km/h
Running performance: 5:46 min/km

Rank in course/Total: 41 (of 105)

Rank in course/Men: 38 (of 92)

Best time in course: 3:10:17

Rank in category: 9(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	1:01:13	5:16	11	14:10	42	15:41	11.60	1:01:13	5:16	17	0:46	73	
Lap 2	18.80	1:44:53	5:34	8	40:48	35	44:13	30.40	2:46:06	5:27	15		71	
Last lap Finish	13.10	1:24:33	6:27	8	21:55	34	21:55	43.50	4:10:39	5:45	9	52:46	38	1:00:22