



### 3. Schlaubetal-Marathon

Eisenhüttenstadt / 17.10.2009

#### Detailed evaluation

Heyde, Mark

Club: Marathon Team Schlieben  
Number: 632

Course: 43.50 km  
Marathon

Category:  
Männer M20

Total time: 4:10:56

Speed: 10.28 km/h  
Running performance: 5:46 min/km

Rank in course/Total: 42 (of 105)

Rank in course/Men: 39 (of 92)

Best time in course: 3:10:17

Rank in category: 5(of 9)

Best time in the category: 3:23:53

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	1:01:57	5:20	5	15:26	46	16:25	11.60	1:01:57	5:20	7	15:26	75	
Lap 2	18.80	1:44:02	5:32	4	18:54	33	43:22	30.40	2:45:59	5:27	5	32:27	70	
Last lap Finish	13.10	1:24:57	6:29	4	18:01	36	22:19	43.50	4:10:56	5:46	5	47:03	39	1:00:39