



3. Schlaubetal-Marathon

Eisenhüttenstadt / 17.10.2009

Detailed evaluation

Kirsten, Jens

Club: Eichwalde

Number: 715

Course: 43.50 km

Marathon

Category:

Männer M40

Total time: 4:16:39

Speed: 10.05 km/h

Running performance: 5:54 min/km

Rank in course/Total: 46 (of 105)

Rank in course/Men: 42 (of 92)

Best time in course: 3:10:17

Rank in category: 11(of 23)

Best time in the category: 3:17:53

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	56:46	4:53	5	9:43	24	11:14	11.60	56:46	4:53	9			18
Lap 2	18.80	1:45:15	5:35	9	41:10	37	44:35	30.40	2:42:01	5:19	13			44
Last lap Finish	13.10	1:34:38	7:13	14	32:00	54	32:00	43.50	4:16:39	5:53	11	58:46	42	1:06:22