



3. Schlaubetal-Marathon

Eisenhüttenstadt / 17.10.2009

Detailed evaluation

Prautsch, Thomas

Club: Freie Hypo Frankfurt (Oder)
Number: 698

Course: 43.50 km
Marathon

Category:
Männer M40

Total time: 4:17:29

Speed: 10.02 km/h
Running performance: 5:55 min/km

Rank in course/Total: 48 (of 105)

Rank in course/Men: 44 (of 92)

Best time in course: 3:10:17

Rank in category: 12(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	1:00:27	5:12	10	13:24	40	14:55	11.60	1:00:27	5:12	1	-	16	
Lap 2	18.80	1:47:54	5:44	11	43:49	43	47:14	30.40	2:48:21	5:32	1	-	20	
Last lap Finish	13.10	1:29:08	6:48	10	26:30	43	26:30	43.50	4:17:29	5:55	12	59:36	44	1:07:12