



3. Schlaubetal-Marathon

Eisenhüttenstadt / 17.10.2009

Detailed evaluation

Bisanz, Max

Club: Frankfurt (Oder)
Number: 645

Course: 43.50 km
Marathon

Category:
Männer M30

Total time: 4:19:33

Speed: 10.06 km/h
Running performance: 5:58 min/km

Rank in course/Total: 49 (of 105)

Rank in course/Men: 45 (of 92)

Best time in course: 3:10:17

Rank in category: 6(of 8)

Best time in the category: 3:48:34

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	1:01:54	5:20	5	8:25	44	16:22	11.60	1:01:54	5:20	6	8:25	15		
Lap 2	18.80	1:44:01	5:31	5	9:27	32	43:21	30.40	2:45:55	5:27	6	17:19	19		
Last lap Finish	13.10	1:33:38	7:08	6	19:17	52	31:00	43.50	4:19:33	5:58	6	30:59	45	1:09:16	