



3. Schlaubetal-Marathon

Eisenhüttenstadt / 17.10.2009

Detailed evaluation

Roock, Michael

Club: Fürstenwalde
Number: 600

Course: 43.50 km
Marathon

Category:
Männer M40

Total time: 4:21:05

Speed: 9.88 km/h
Running performance: 6:00 min/km

Rank in course/Total: 50 (of 105)

Rank in course/Men: 46 (of 92)

Best time in course: 3:10:17

Rank in category: 13(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		Pos Cat.	Behind Cat.	Total ranking		
						Pos Men	Behind Men	Total km	Total Time			Total min/km	Pos Men	Behind Men
Lap 1	11.60	1:05:06	5:36	17	18:03	61	19:34	11.60	1:05:06	5:36	21	4:39	82	0:27
Lap 2	18.80	1:51:58	5:57	13	47:53	49	51:18	30.40	2:57:04	5:49	11	8:43	18	3:22
Last lap Finish	13.10	1:24:01	6:24	7	21:23	32	21:23	43.50	4:21:05	6:00	13	1:03:12	46	1:10:48