



3. Schlaubetal-Marathon

Eisenhüttenstadt / 17.10.2009

Detailed evaluation

Henniger, Stephan

Club: Frankfurt(Oder)

Number: 603

Course: 43.50 km

Marathon

Category:

Männer M45

Total time: 4:22:07

Speed: 9.96 km/h

Running performance: 6:02 min/km

Rank in course/Total: 51 (of 105)

Rank in course/Men: 47 (of 92)

Best time in course: 3:10:17

Rank in category: 6(of 13)

Best time in the category: 3:16:37

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	1:01:25	5:17	8	14:58	43	15:53	11.60	1:01:25	5:17	12	14:58	74	
Lap 2	18.80	1:49:22	5:49	6	28:37	45	48:42	30.40	2:50:47	5:37	5	37:24	33	
Last lap Finish	13.10	1:31:20	6:58	8	25:12	47	28:42	43.50	4:22:07	6:01	6	1:05:30	47	1:11:50