



3. Schlaubetal-Marathon

Eisenhüttenstadt / 17.10.2009

Detailed evaluation

Abel, Detlev

Club: Berlin
Number: 699

Course: 43.50 km
Marathon

Category:
Männer M45

Total time: 4:22:52

Speed: 9.81 km/h
Running performance: 6:02 min/km

Rank in course/Total: 53 (of 105)

Rank in course/Men: 49 (of 92)

Best time in course: 3:10:17

Rank in category: 7(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.	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	1:00:34	5:13	7	14:07	41	15:02	11.60	1:00:34	5:13	5	14:07	14		
Lap 2	18.80	1:57:04	6:13	9	36:19	62	56:24	30.40	2:57:38	5:50	6	44:15	15	3:56	
Last lap Finish	13.10	1:25:14	6:30	6	19:06	38	22:36	43.50	4:22:52	6:02	7	1:06:15	49	1:12:35	