



### 3. Schlaubetal-Marathon

Eisenhüttenstadt / 17.10.2009

#### Detailed evaluation

Lüttich, Helmut

Club: Nünchritz

Number: 692

Course: 43.50 km

Marathon

Category:

Männer M55

Total time: 4:25:43

Speed: 9.71 km/h

Running performance: 6:07 min/km

Rank in course/Total: 54 (of 105)

Rank in course/Men: 50 (of 92)

Best time in course: 3:10:17

Rank in category: 4(of 13)

Best time in the category: 3:10:17

#### 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	59:34	5:08	3	13:08	37	14:02	11.60	59:34	5:08	3	13:08	13		
Lap 2	18.80	1:50:18	5:52	4	30:02	48	49:38	30.40	2:49:52	5:35	4	43:10	14		
Last lap Finish	13.10	1:35:51	7:19	7	32:16	58	33:13	43.50	4:25:43	6:06	4	1:15:26	50	1:15:26	