



### 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<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |  |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|--|
|                 |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>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       |  |