



3. Schlaubetal-Marathon

Eisenhüttenstadt / 17.10.2009

Detailed evaluation

Gerhold, Lutz

Club: Beeskow
Number: 608

Course: 43.50 km
Marathon

Category:
Männer M20

Total time: 4:30:00

Speed: 9.67 km/h
Running performance: 6:13 min/km

Rank in course/Total: 57 (of 105)

Rank in course/Men: 53 (of 92)

Best time in course: 3:10:17

Rank in category: 7(of 9)

Best time in the category: 3:23:53

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Lap 1	11.60	1:04:39	5:34	8	18:08	58	19:07	11.60	1:04:39	5:34	6	18:08	1	-
Lap 2	18.80	1:53:21	6:01	7	28:13	50	52:41	30.40	2:58:00	5:51	9	44:28	84	4:18
Last lap Finish	13.10	1:32:00	7:01	7	25:04	48	29:22	43.50	4:30:00	6:12	7	1:06:07	53	1:19:43