



3. Schlaubetal-Marathon

Eisenhüttenstadt / 17.10.2009

Detailed evaluation

Pakalski, Norbert

Club: Pneumant Fürstenwalde
Number: 720

Course: 43.50 km
Marathon

Category:
Männer M50

Total time: 4:31:51

Speed: 9.49 km/h
Running performance: 6:15 min/km

Rank in course/Total: 58 (of 105)

Rank in course/Men: 54 (of 92)

Best time in course: 3:10:17

Rank in category: 8(of 11)

Best time in the category: 3:11:59

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	57:31	4:57	6	11:59	32	11:59	11.60	57:31	4:57	7	11:59	10	
Lap 2	18.80	1:56:11	6:10	10	55:31	59	55:31	30.40	2:53:42	5:42	8	46:57	1	-
Last lap Finish	13.10	1:38:09	7:29	8	32:55	62	35:31	43.50	4:31:51	6:14	8	1:19:52	54	1:21:34