



3. Schlaubetal-Marathon

Eisenhüttenstadt / 17.10.2009

Detailed evaluation

Larsen, Henning

Club: Glamsbjerg motion
Number: 649

Course: 43.50 km
Marathon

Category:
Männer M60

Total time: 4:32:56

Speed: 9.56 km/h
Running performance: 6:16 min/km

Rank in course/Total: 59 (of 105)

Rank in course/Men: 55 (of 92)

Best time in course: 3:10:17

Rank in category: 2(of 4)

Best time in the category: 4:27:25

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	1:02:44	5:24	1	-	54	17:12	11.60	1:02:44	5:24	1	-	9	
Lap 2	18.80	1:58:00	6:16	3	2:20	64	57:20	30.40	3:00:44	5:56	1	-	11	7:02
Last lap Finish	13.10	1:32:12	7:02	2	5:48	49	29:34	43.50	4:32:56	6:16	2	5:31	55	1:22:39