



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: 9.45 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 |