



3. Schlaubetal-Marathon

Eisenhüttenstadt / 17.10.2009

Detailed evaluation

Poulsen, Svend Erik

Club: Saltum Trim

Number: 705

Course: 43.50 km

Marathon

Category:

Männer M55

Total time: 4:33:12

Speed: 9.55 km/h

Running performance: 6:17 min/km

Rank in course/Total: 61 (of 105)

Rank in course/Men: 57 (of 92)

Best time in course: 3:10:17

Rank in category: 5(of 13)

Best time in the category: 3:10:17

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	1:06:14	5:42	6	19:48	69	20:42	11.60	1:06:14	5:42	13	19:48	90	1:35
Lap 2	18.80	1:54:46	6:06	5	34:30	55	54:06	30.40	3:01:00	5:57	13	54:18	87	7:18
Last lap Finish	13.10	1:32:12	7:02	5	28:37	49	29:34	43.50	4:33:12	6:16	5	1:22:55	57	1:22:55