



### 3. Schlaubetal-Marathon

Eisenhüttenstadt / 17.10.2009

#### Detailed evaluation

Falk, Hartmut

Club: Berlin  
Number: 634

Course: 43.50 km  
Marathon

Category:  
Männer M45

Total time: 4:39:13

Speed: 9.24 km/h  
Running performance: 6:25 min/km

Rank in course/Total: 67 (of 105)

Rank in course/Men: 62 (of 92)

Best time in course: 3:10:17

Rank in category: 10(of 13)

Best time in the category: 3:16:37

#### 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	1:05:10	5:37	10	18:43	62	19:38	11.60	1:05:10	5:37	13	18:43	83	0:31
Lap 2	18.80	1:55:47	6:09	8	35:02	57	55:07	30.40	3:00:57	5:57	12	47:34	86	7:15
Last lap Finish	13.10	1:38:16	7:30	9	32:08	64	35:38	43.50	4:39:13	6:25	10	1:22:36	62	1:28:56