



3. Schlaubetal-Marathon

Eisenhüttenstadt / 17.10.2009

Detailed evaluation

pfennig, dirk

Club: Itsv forst 1990 e.v.
Number: 631

Course: 43.50 km
Marathon

Category:
Männer M60

Total time: 4:40:49

Speed: 9.29 km/h
Running performance: 6:28 min/km

Rank in course/Total: 69 (of 105)

Rank in course/Men: 64 (of 92)

Best time in course: 3:10:17

Rank in category: 3(of 4)

Best time in the category: 4:27:25

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	11.60	1:08:16	5:53	3	5:32	72	22:44	11.60	1:08:16	5:53	4	5:32	91	3:37
Lap 2	18.80	1:56:41	6:12	2	1:01	61	56:01	30.40	3:04:57	6:05	4	4:13	90	11:15
Last lap Finish	13.10	1:35:52	7:19	3	9:28	59	33:14	43.50	4:40:49	6:27	3	13:24	64	1:30:32