



3. Schlaubetal-Marathon

Eisenhüttenstadt / 17.10.2009

Detailed evaluation

Grunow, Mario

Club: Müllrose/ OT Dubrow
Number: 673

Course: 43.50 km
Marathon

Category:
Männer M45

Total time: 4:51:51

Speed: 8.84 km/h
Running performance: 6:43 min/km

Rank in course/Total: 77 (of 105)

Rank in course/Men: 69 (of 92)

Best time in course: 3:10:17

Rank in category: 11(of 13)

Best time in the category: 3:16:37

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Lap 1	11.60	1:06:27	5:43	11	20:00	70	20:55	11.60	1:06:27	5:43	8	20:00	4	1:48
Lap 2	18.80	1:58:48	6:19	11	38:03	66	58:08	30.40	3:05:15	6:05	13	51:52	91	11:33
Last lap Finish	13.10	1:46:36	8:08	12	40:28	75	43:58	43.50	4:51:51	6:42	11	1:35:14	69	1:41:34