



3. Schlaubetal-Marathon

Eisenhüttenstadt / 17.10.2009

Detailed evaluation

Carmesin, Ralf

Club: Lübben
Number: 710

Course: 43.50 km
Marathon

Category:
Männer M40

Total time: 4:53:05

Speed: 8.80 km/h
Running performance: 6:44 min/km

Rank in course/Total: 78 (of 105)

Rank in course/Men: 70 (of 92)

Best time in course: 3:10:17

Rank in category: 18(of 23)

Best time in the category: 3:17:53

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Behind	Total		Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.		Cat.	Men					Men
Lap 1	11.60	1:03:33	5:28	16	16:30	56	18:01	11.60	1:03:33	5:28	6	3:06	3	
Lap 2	18.80	2:02:16	6:30	19	58:11	71	1:01:36	30.40	3:05:49	6:06	7	17:28	3	12:07
Last lap Finish	13.10	1:47:16	8:11	18	44:38	77	44:38	43.50	4:53:05	6:44	18	1:35:12	70	1:42:48