



### 3. Schlaubetal-Marathon

Eisenhüttenstadt / 17.10.2009

#### Detailed evaluation

**Pielok, Alois**

Club: Pessin  
Number: 602

Course: 43.50 km  
Marathon

Category:  
Männer M40

Total time: 4:55:50

Speed: 8.72 km/h  
Running performance: 6:48 min/km

Rank in course/Total: 82 (of 105)

Rank in course/Men: 72 (of 92)

Best time in course: 3:10:17

Rank in category: 19(of 23)

Best time in the category: 3:17:53

#### 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	1:13:45	6:21	22	26:42	83	28:13	11.60	1:13:45	6:21	5	13:18	11	9:06
Lap 2	18.80	1:56:27	6:11	16	52:22	60	55:47	30.40	3:10:12	6:15	6	21:51	12	16:30
Last lap Finish	13.10	1:45:38	8:03	17	43:00	73	43:00	43.50	4:55:50	6:48	19	1:37:57	72	1:45:33