



3. Schlaubetal-Marathon

Eisenhüttenstadt / 17.10.2009

Detailed evaluation

Hansen, Hans Erik

Club: Glamsbjerg motion
Number: 616

Course: 43.50 km
Marathon

Category:
Männer M40

Total time: 5:03:14

Speed: 8.51 km/h
Running performance: 6:58 min/km

Rank in course/Total: 87 (of 105)

Rank in course/Men: 77 (of 92)

Best time in course: 3:10:17

Rank in category: 21(of 23)

Best time in the category: 3:17:53

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	1:02:46	5:24	15	15:43	55	17:14	11.60	1:02:46	5:24	4	2:19	34	
Lap 2	18.80	2:05:42	6:41	21	1:01:37	74	1:05:02	30.40	3:08:28	6:11	4	20:07	38	14:46
Last lap Finish	13.10	1:54:46	8:45	21	52:08	83	52:08	43.50	5:03:14	6:58	21	1:45:21	77	1:52:57