



### 3. Schlaubetal-Marathon

Eisenhüttenstadt / 17.10.2009

#### Detailed evaluation

**Sbrzesny, Lutz**

Club: BSG Pneumant Fürstenwalde  
Number: 622

Course: 43.50 km  
Marathon

Category:  
Männer M55

Total time: 5:07:24

Speed: 8.39 km/h  
Running performance: 7:04 min/km

Rank in course/Total: 90 (of 105)

Rank in course/Men: 79 (of 92)

Best time in course: 3:10:17

Rank in category: 11(of 13)

Best time in the category: 3:10:17

#### 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	1:14:30	6:25	10	28:04	84	28:58	11.60	1:14:30	6:25	9	28:04	32	9:51
Lap 2	18.80	2:13:22	7:05	12	53:06	85	1:12:42	30.40	3:27:52	6:50	10	1:21:10	36	34:10
Last lap Finish	13.10	1:39:32	7:35	9	35:57	66	36:54	43.50	5:07:24	7:03	11	1:57:07	79	1:57:07