



### 3. Schlaubetal-Marathon

Eisenhüttenstadt / 17.10.2009

#### Detailed evaluation

**Meyer, Hans-Joachim**

Club: 100 Marathon Club  
Number: 630

Course: 43.50 km  
Marathon

Category:  
Männer M70

Total time: 5:12:01

Speed: 8.36 km/h  
Running performance: 7:10 min/km

Rank in course/Total: 93 (of 105)

Rank in course/Men: 82 (of 92)

Best time in course: 3:10:17

Rank in category: 1(of 1)

Best time in the category: 5:12:01

#### Intermediate times

#### Stage score

#### Total ranking

| Control         | Split | Split   | Split  | Pos  | Behind | Pos | Behind  | Total | Total   | Total  | Pos  | Behind | Pos | Behind  |
|-----------------|-------|---------|--------|------|--------|-----|---------|-------|---------|--------|------|--------|-----|---------|
|                 | km    | Time    | min/km | Cat. | Cat.   | Men | Men     | km    | Time    | min/km | Cat. | Cat.   | Men | Men     |
| Lap 1           | 11.60 | 1:13:28 | 6:20   | 1    | -      | 82  | 27:56   | 11.60 | 1:13:28 | 6:20   | 1    | -      | 20  | 8:49    |
| Lap 2           | 18.80 | 2:13:58 | 7:07   | 1    | -      | 87  | 1:13:18 | 30.40 | 3:27:26 | 6:49   | 1    | -      | 22  | 33:44   |
| Last lap Finish | 13.10 | 1:44:35 | 7:59   | 1    | -      | 70  | 41:57   | 43.50 | 5:12:01 | 7:10   | 1    | -      | 82  | 2:01:44 |