



3. Schlaubetal-Marathon

Eisenhüttenstadt / 17.10.2009

Detailed evaluation

Nettelbeck, Torsten

Club: Mückendorf
Number: 625

Course: 43.50 km
Marathon

Category:
Männer M20

Total time: 5:13:28

Speed: 8.23 km/h
Running performance: 7:13 min/km

Rank in course/Total: 94 (of 105)

Rank in course/Men: 83 (of 92)

Best time in course: 3:10:17

Rank in category: 8(of 9)

Best time in the category: 3:23:53

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	1:02:26	5:22	6	15:55	51	16:54	11.60	1:02:26	5:22	8	15:55	80	
Lap 2	18.80	2:11:00	6:58	8	45:52	79	1:10:20	30.40	3:13:26	6:21	7	59:54	32	19:44
Last lap Finish	13.10	2:00:02	9:09	8	53:06	86	57:24	43.50	5:13:28	7:12	8	1:49:35	83	2:03:11