



3. Schlaubetal-Marathon

Eisenhüttenstadt / 17.10.2009

Detailed evaluation

Lies, Andreas

Club: MSV Tripoint Frankfurt (Oder)
Number: 629

Course: 43.50 km
Marathon

Category:
Männer M50

Total time: 5:14:53

Speed: 8.19 km/h
Running performance: 7:14 min/km

Rank in course/Total: 95 (of 105)

Rank in course/Men: 84 (of 92)

Best time in course: 3:10:17

Rank in category: 11(of 11)

Best time in the category: 3:11:59

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	1:11:01	6:07	11	25:29	78	25:29	11.60	1:11:01	6:07	8	25:29	28	6:22
Lap 2	18.80	2:12:47	7:03	11	1:12:07	82	1:12:07	30.40	3:23:48	6:42	10	1:17:03	31	30:06
Last lap Finish	13.10	1:51:05	8:28	10	45:51	81	48:27	43.50	5:14:53	7:14	11	2:02:54	84	2:04:36