



3. Schlaubetal-Marathon

Eisenhüttenstadt / 17.10.2009

Detailed evaluation

Gieseler, Volker

Club: LC Pfannkuchen Berlin
Number: 690

Course: 43.50 km
Marathon

Category:
Männer M40

Total time: 5:29:42

Speed: 7.83 km/h
Running performance: 7:35 min/km

Rank in course/Total: 100 (of 105)

Rank in course/Men: 89 (of 92)

Best time in course: 3:10:17

Rank in category: 23(of 23)

Best time in the category: 3:17:53

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	11.60	1:18:44	6:47	23	31:41	90	33:12	11.60	1:18:44	6:47	2	18:17	24	14:05
Lap 2	18.80	2:17:54	7:20	23	1:13:49	90	1:17:14	30.40	3:36:38	7:07	2	48:17	26	42:56
Last lap Finish	13.10	1:53:04	8:37	20	50:26	82	50:26	43.50	5:29:42	7:34	23	2:11:49	89	2:19:25