



3. Schlaubetal-Marathon

Eisenhüttenstadt / 17.10.2009

Detailed evaluation

Grabe, Karl-Heinz

Club: Frankfurt (Oder)
Number: 651

Course: 43.50 km
Marathon

Category:
Männer M55

Total time: 6:16:23

Speed: 6.93 km/h
Running performance: 8:39 min/km

Rank in course/Total: 103 (of 105)

Rank in course/Men: 91 (of 92)

Best time in course: 3:10:17

Rank in category: 13(of 13)

Best time in the category: 3:10:17

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	1:19:55	6:53	13	33:29	91	34:23	11.60	1:19:55	6:53	11	33:29	22	15:16
Lap 2	18.80	2:50:22	9:03	13	1:30:06	91	1:49:42	30.40	4:10:17	8:13	12	2:03:35	24	1:16:35
Last lap Finish	13.10	2:06:06	9:37	13	1:02:31	87	1:03:28	43.50	6:16:23	8:39	13	3:06:06	91	3:06:06