



3. Schlaubetal-Marathon

Eisenhüttenstadt / 17.10.2009

Detailed evaluation

Bednarz, Jerzy

Club: POZNAN-Chyby
Number: 703

Course: 43.50 km
Marathon

Category:
Männer M60

Total time: 6:33:57

Speed: 6.55 km/h
Running performance: 9:04 min/km

Rank in course/Total: 104 (of 105)

Rank in course/Men: 92 (of 92)

Best time in course: 3:10:17

Rank in category: 4(of 4)

Best time in the category: 4:27:25

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	1:27:11	7:30	4	24:27	92	41:39	11.60	1:27:11	7:30	2	24:27	21	22:32
Lap 2	18.80	2:56:31	9:23	4	1:00:51	92	1:55:51	30.40	4:23:42	8:40	2	1:22:58	23	1:30:00
Last lap Finish	13.10	2:10:15	9:56	4	43:51	90	1:07:37	43.50	6:33:57	9:03	4	2:06:32	92	3:23:40