



3. Schlaubetal-Marathon  
Eisenhüttenstadt / 17.10.2009

Detailed evaluation

Holz, Thomas

Club: Pollitz  
Number: 198

Course: 10.00 km  
10 km Lauf

Category:  
Männer M40

Total time: 54:05

Speed: 11.09 km/h  
Running performance: 5:25 min/km

Rank in course/Total: 39 (of 95)

Rank in course/Men: 32 (of 52)

Best time in course: 34:28

Rank in category: 4(of 5)

Best time in the category: 38:56