



3. Schlaubetal-Marathon Eisenhüttenstadt / 17.10.2009

Detailed evaluation

Herke, Wolfgang

Club: BSG Pneumant Fürstenwalde
Number: 337

Course: 21.10 km
Cross-Halbmarathon

Category:
Männer M45

Total time: 1:22:59

Speed: 15.18 km/h
Running performance: 3:56 min/km

Rank in course/Total: 1 (of 133)

Rank in course/Men: 1 (of 99)

Best time in course: 1:22:59

Rank in category: 1(of 19)

Best time in the category: 1:22:59

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	10.40	41:26	3:59	1	-	1	-	10.40	41:26	3:59	8		12	
Last lap Finish	10.70	41:33	3:52	1	-	2	0:26	21.10	1:22:59	3:55	1	-	1	-