



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 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	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	-