



### 3. Schlaubetal-Marathon

Eisenhüttenstadt / 17.10.2009

#### Detailed evaluation

**Bedemann, Torsten**

Club: Team ArcelorMittal  
Number: 356

Course: 21.10 km  
Cross-Halbmarathon

Category:  
Männer M40

Total time: 1:36:25

Speed: 13.07 km/h  
Running performance: 4:34 min/km

Rank in course/Total: 14 (of 133)

Rank in course/Men: 14 (of 99)

Best time in course: 1:22:59

Rank in category: 3(of 21)

Best time in the category: 1:27:12

#### 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 | 48:35 | 4:40   | 5    | 5:22   | 16  | 7:09   | 10.40 | 48:35   | 4:40   | 16   |        |     | 51     |
| Last lap Finish | 10.70 | 47:50 | 4:28   | 3    | 4:06   | 12  | 6:43   | 21.10 | 1:36:25 | 4:34   | 3    | 9:13   | 14  | 13:26  |