



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 km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind 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	