



4. Schlaubetal-Marathon
Eisenhüttenstadt / 23.10.2010

Detailed evaluation

Rehfeld, Hartmut

Club: STG Lichtenberg-Pagram
Number: 442

Course: 21.10 km
Cross-Halbmarathon

Category:
Männer M40

Total time: 1:44:22

Speed: 12.07 km/h
Running performance: 4:57 min/km

Rank in course/Total: 21 (of 127)

Rank in course/Men: 21 (of 101)

Best time in course: 1:22:06

Rank in category: 7(of 22)

Best time in the category: 1:34:02

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	10.60	53:05	5:00	8	5:33	23	10:55	10.60	53:05	5:00	16			56
Last lap Finish	10.50	51:17	4:53	7	4:47	18	11:21	21.10	1:44:22	4:56	7	10:20	21	22:16