



4. Schlaubetal-Marathon
Eisenhüttenstadt / 23.10.2010

Detailed evaluation

Bienwald, Andreas

Club: Graz

Number: 313

Course: 21.10 km

Cross-Halbmarathon

Category:

Männer M45

Total time: 2:00:11

Speed: 10.53 km/h

Running performance: 5:42 min/km

Rank in course/Total: 77 (of 127)

Rank in course/Men: 67 (of 101)

Best time in course: 1:22:06

Rank in category: 18(of 25)

Best time in the category: 1:26:24

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	10.60	1:01:17	5:46	18	17:59	76	19:07	10.60	1:01:17	5:46	9	6:12	10	4:59
Last lap Finish	10.50	58:54	5:36	15	15:48	55	18:58	21.10	2:00:11	5:41	18	33:47	67	38:05