



4. Schlaubetal-Marathon
Eisenhüttenstadt / 23.10.2010

Detailed evaluation

Biederstädt, Helmut

Club: Eisenhüttenstadt
Number: 379

Course: 21.10 km
Cross-Halbmarathon

Category:
Männer M50

Total time: 2:07:28

Speed: 9.93 km/h
Running performance: 6:02 min/km

Rank in course/Total: 92 (of 127)

Rank in course/Men: 81 (of 101)

Best time in course: 1:22:06

Rank in category: 12(of 15)

Best time in the category: 1:44:26

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	59:40	5:37	11	8:04	71	17:30	10.60	59:40	5:37	12	8:04	46	3:22
Last lap Finish	10.50	1:07:48	6:27	13	14:58	88	27:52	21.10	2:07:28	6:02	12	23:02	81	45:22