



4. Schlaubetal-Marathon  
Eisenhüttenstadt / 23.10.2010

Detailed evaluation

Guder, Bernd

Club: Pohlitz  
Number: 388

Course: 21.10 km  
Cross-Halbmarathon

Category:  
Männer M65

Total time: 2:13:25

Speed: 9.44 km/h  
Running performance: 6:19 min/km

Rank in course/Total: 105 (of 127)

Rank in course/Men: 89 (of 101)

Best time in course: 1:22:06

Rank in category: 1(of 2)

Best time in the category: 2:13:25

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	1:06:48	6:18	1	-	90	24:38	10.60	1:06:48	6:18	1	-	38	10:30
Last lap Finish	10.50	1:06:37	6:20	1	-	80	26:41	21.10	2:13:25	6:19	1	-	89	51:19