



4. Schlaubetal-Marathon

Eisenhüttenstadt / 23.10.2010

Detailed evaluation

Ledwig, Torsten

Club: Diehloer Hügelläufer
Number: 350

Course: 21.10 km
Cross-Halbmarathon

Category:
Männer M45

Total time: 1:26:24

Speed: 14.58 km/h
Running performance: 4:05 min/km

Rank in course/Total: 3 (of 127)

Rank in course/Men: 3 (of 101)

Best time in course: 1:22:06

Rank in category: 1(of 25)

Best time in the category: 1:26:24

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	43:18	4:05	1	-	2	1:08	10.60	43:18	4:05	13	-	74	-
Last lap Finish	10.50	43:06	4:06	1	-	3	3:10	21.10	1:26:24	4:05	1	-	3	4:18