



4. Schlaubetal-Marathon
Eisenhüttenstadt / 23.10.2010

Detailed evaluation

Bedemann, Torsten

Club: Ziltendorfer Duo
Number: 398

Course: 21.10 km
Cross-Halbmarathon

Category:
Männer M40

Total time: 1:38:31

Speed: 12.79 km/h
Running performance: 4:40 min/km

Rank in course/Total: 10 (of 127)

Rank in course/Men: 10 (of 101)

Best time in course: 1:22:06

Rank in category: 5(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	49:09	4:38	3	1:37	8	6:59	10.60	49:09	4:38	18			67
Last lap Finish	10.50	49:22	4:42	5	2:52	10	9:26	21.10	1:38:31	4:40	5	4:29	10	16:25