



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: 12.85 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<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |  |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|--|
|                 |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>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         |  |