



5. Schlaubetal-Marathon
Eisenhüttenstadt / 15.10.2011

Detailed evaluation

Biederstädt, Helmut

Club: BONITAS
Number: 396

Course: 21.10 km
Cross-Halbmarathon

Category:
Männer M50

Total time: 2:11:00

Speed: 9.62 km/h
Running performance: 6:13 min/km

Rank in course/Total: 94 (of 130)

Rank in course/Men: 79 (of 97)

Best time in course: 1:23:55

Rank in category: 9(of 11)

Best time in the category: 1:43:51

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	1:04:28	6:04	9	14:03	77	22:19	10.60	1:04:28	6:04	9	12:13	45	6:37
Last lap Finish	10.50	1:06:32	6:20	9	15:11	81	24:46	21.10	2:11:00	6:12	9	27:09	79	47:05