



5. Schlaubetal-Marathon
Eisenhüttenstadt / 15.10.2011

Detailed evaluation

Ledwig, Torsten

Club: Diehloer Hügelläufer
Number: 350

Course: 21.10 km
Cross-Halbmarathon

Category:
Männer M45

Total time: 1:25:11

Speed: 14.79 km/h
Running performance: 4:02 min/km

Rank in course/Total: 2 (of 130)

Rank in course/Men: 2 (of 97)

Best time in course: 1:23:55

Rank in category: 1(of 19)

Best time in the category: 1:25:11

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	10.60	42:09	3:58	1	-	1	-	10.60	42:09	3:58	11	-	73	
Last lap Finish	10.50	43:02	4:05	1	-	2	1:16	21.10	1:25:11	4:02	1	-	2	1:16