



5. Schlaubetal-Marathon
Eisenhüttenstadt / 15.10.2011

Detailed evaluation

Bedemann, Torsten

Club: Ziltendorfer Rennmäuse
Number: 407

Course: 21.10 km
Cross-Halbmarathon

Category:
Männer M45

Total time: 1:40:20

Speed: 12.56 km/h
Running performance: 4:46 min/km

Rank in course/Total: 17 (of 130)

Rank in course/Men: 16 (of 97)

Best time in course: 1:23:55

Rank in category: 3(of 19)

Best time in the category: 1:25:11

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	51:32	4:51	3	9:23	18	9:23	10.60	51:32	4:51	18			59
Last lap Finish	10.50	48:48	4:38	3	5:46	14	7:02	21.10	1:40:20	4:45	3	15:09	16	16:25