



7. Schlaubetal-Marathon  
Eisenhüttenstadt / 19.10.2013

Detailed evaluation

Ledwig, Torsten

Club: Diehloer Hügelläufer  
Number: 678

Course: 43.00 km  
Cross-Marathon

Category:  
Senioren M45 (45-49 Jahre)

Total time: 3:06:47

Speed: 13.81 km/h  
Running performance: 4:20 min/km

Rank in course/Total: 5 (of 105)

Rank in course/Men: 5 (of 82)

Best time in course: 2:49:01

Rank in category: 3(of 22)

Best time in the category: 2:59:18

Intermediate times				Stage score				Total ranking						
Control	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	11.60	47:13	4:04	2	3:14	4	3:16	11.60	47:13	4:04	12		58	
Lap 2	19.00	1:23:37	4:24	3	5:15	7	9:08	30.60	2:10:50	4:16	21		57	
Lap 3	1.70	13:12	7:45	3	0:54	6	1:00	32.30	2:24:02	4:27	21		57	
Last lap Finish	10.70	42:45	3:59	2	2:26	5	4:22	43.00	3:06:47	4:20	3	7:29	5	17:46