



10. Schlaubetalmarathon  
Eisenhüttenstadt / 15.10.2016

Detailed evaluation

Hedemann, Rico

Club: Stuhr  
Number: 737

Course: 43.00 km  
Schlaubetal-Marathon

Category:  
Senioren M45 (45-49 Jahre)

Total time: 3:58:38

Speed: 10.81 km/h

Rank in course/Total: 44 (of 132)

Rank in course/Men: 41 (of 105)

Best time in course: 2:59:41

Rank in category: 9(of 21)

Best time in the category: 2:59:41

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	11.60	1:04:44	10.20	14	19:19	68	19:19	11.60	1:04:44	10.20	14	19:19	68	19:19
Lap 2	9.90	57:35	9.38	10	15:21	52	15:21	21.50	2:02:19	10.30	12	34:40	58	34:40
Lap 3	11.10	1:03:09	10.45	6	13:34	28	13:34	32.60	3:05:28	10.35	10	48:14	48	48:14
Last lap Inselhall	10.40	53:10	11.29	5	10:43	24	10:43	43.00	3:58:38	10.81	9	58:57	41	58:57