



## 5. Weidatal Marathon

Turnerheim Weißendorf bei Zeulenroda / 14.09.2008

### Detailed evaluation

Holthaus, Michael

Club: Shotokan Dojo Jena e.V.

Number: 821

Course: 21.11 km

Halbmarathon

Category:

Männer M45

Total time: 1:56:57

Speed: 10.77 km/h

Running performance: 5:25 min/km

Rank in course/Total: 26 (of 88)

Rank in course/Men: 23 (of 69)

Best time in course: 1:31:45

Rank in category: 6(of 12)

Best time in the category: 1:35:02

### 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
Staumauer	5.70	1:30:38	15:54	8	1:05:43	36	1:05:43	5.70	1:30:38	15:54	6	5:44	64	
Weißer Stein	11.00	fehlt!	-	-	-	-	-	16.70	-	-	-	-	-	-
Ziel Lauf	3.41	26:19	7:43	6	16:11	18	19:17	21.11	1:56:57	5:32	6	21:55	23	25:12