



5. Weidatal Marathon

Turnerheim Weißendorf bei Zeulenroda / 14.09.2008

Detailed evaluation

Quast, Hans-Jürgen

Club: syfgfg

Number: 928

Course: 32.21 km

3/4-Marathon

Category:

Männer M45

Total time: 2:59:34

Speed: 10.69 km/h

Running performance: 5:29 min/km

Rank in course/Total: 10 (of 38)

Rank in course/Men: 10 (of 28)

Best time in course: 2:13:19

Rank in category: 1(of 5)

Best time in the category: 2:59:34

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.
Staumauer	5.70	1:29:19	15:40	1	-	6	4:35	5.70	1:29:19	15:40	1	-	19	
Weißer Stein	11.00	58:31	5:19	3	50:38	19	53:11	16.70	2:27:50	8:51	1	-	19	
Durchlauf	3.41	27:56	8:11	1	-	5	2:22	20.11	2:55:46	8:44	1	-	17	
Control	-	fehlt!	-	-	-	-	-	20.11	-	-	-	-	-	-
Ziel Lauf	9.00	3:48	0:25	1	-	6	3:46	32.21	2:59:34	5:34	1	-	10	46:15