



5. Weidatal Marathon

Turnerheim Weißendorf bei Zeulenroda / 14.09.2008

Detailed evaluation

Friedrich, Kai

Club: Triebes

Number: 779

Course: 11.10 km

Viertelmarathon

Category:

Männer M35

Total time: 53:39

Speed: 12.30 km/h

Running performance: 4:50 min/km

Rank in course/Total: 13 (of 78)

Rank in course/Men: 13 (of 52)

Best time in course: 43:13

Rank in category: 3(of 8)

Best time in the category: 47:51

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
Weißer Stein	6.20	28:50	4:39	2	1:09	5	5:31	6.20	28:50	4:39	2	1:09	24	
Ziel Lauf	4.90	24:49	5:03	2	0:36	4	4:42	11.10	53:39	4:49	3	5:48	13	10:26