



Erfurt 1 Marathon

Erfurt / 30.08.2014

Detailed evaluation

Semm, Joachim

Club: LC Weilerswist

Number: 47

Course: 42.20 km

Marathon Einzel

Category:

Männer

Total time: 4:12:15

Speed: 10.04 km/h

Running performance: 5:59 min/km

Rank in course/Total: 11 (of 43)

Rank in course/Men: 11 (of 41)

Best time in course: 3:25:23

Rank in category: 11(of 41)

Best time in the category: 3:25:23

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
VP1 - Gubener St	5.40	26:05	4:49	13	4:33	13	4:33	5.40	26:05	4:49	27		27	
VP2 - Nordpark	4.80	27:59	5:49	16	5:26	16	5:26	10.20	54:04	5:18	31		31	
VP3 - Pfaffenstie	10.90	1:20:41	7:24	35	27:53	35	27:53	21.10	2:14:45	6:23	21		21	
VP4 - Waltersleb	4.90	fehlt!	-	-	-	-	-	26.00	-	-	-	-	-	-
VP5 - Waldhaus	4.00	43:17	10:49	37	22:48	37	22:48	30.00	2:58:02	5:56	21		21	
Nordpark Erfurt	12.20	1:14:13	6:05	13	13:12	13	13:12	42.20	4:12:15	5:58	12	46:52	12	46:52