



2. Erfurt Marathon 4er Staffel

Erfurt / 29.08.2015

Detailed evaluation

flinke Füße

Number: 12

Course: 42.20 km

Erfurt Marathon 4er Staffel

Category:

4er Männerstaffel

Total time: 3:43:05

Speed: 11.30 km/h

Running performance: 5:17 min/km

Rank in course: 9 (of 28)

Best time in course: 3:12:40

Rank in category: 8(of 11)

Best time in the category: 3:12:40

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.	Total	Total	km	Time	min/km	Cat.	Cat.	Total	Total
Wechselstelle 1	9.68	47:01	4:51	5	2:19	6	4:16	9.68	47:01	4:51	5	2:19	6	4:16
Wechselstelle 2	11.14	59:05	5:18	7	10:23	9	10:42	20.82	1:46:06	5:05	6	10:10	7	14:58
Wechselstelle 3	9.31	45:26	4:52	4	5:41	4	5:41	30.13	2:31:32	5:01	4	11:18	5	11:18
Erfurt	12.10	1:11:33	5:54	9	20:36	20	20:36	42.20	3:43:05	5:17	8	30:25	9	30:25