



### 3. Erfurter Marathon Erfurt / 27.08.2016

#### Detailed evaluation

Flitzpiepen

Number: 103

Course: 42.20 km

Erfurt Marathon 4er Staffel

Category:

4er Mixstaffel

Total time: 4:13:57

Speed: 9.92 km/h

Running performance: 6:01 min/km

Rank in course: 16 (of 29)

Best time in course: 3:20:13

Rank in category: 4(of 10)

Best time in the category: 3:37:32

#### 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  | 55:58   | 5:46   | 4    | 8:23   | 19    | 11:54  | 9.68  | 55:58   | 5:46   | 4    | 8:23   | 19    | 11:54  |
| Wechselstelle 2 | 11.14 | 1:01:13 | 5:29   | 3    | 5:13   | 8     | 5:16   | 20.82 | 1:57:11 | 5:37   | 3    | 3:55   | 10    | 13:35  |
| Wechselstelle 3 | 9.31  | 49:48   | 5:20   | 3    | 3:05   | 7     | 5:35   | 30.13 | 2:46:59 | 5:32   | 3    | 7:00   | 8     | 16:37  |
| Erfurt          | 12.10 | 1:26:58 | 7:11   | 8    | 40:51  | 26    | 40:51  | 42.20 | 4:13:57 | 6:01   | 4    | 36:25  | 16    | 53:44  |