



3. Erfurter Marathon Erfurt / 27.08.2016

Detailed evaluation

Soja, Ben

Club: Team Mad4One
Number: 104

Course: 42.20 km
Marathon Einrad

Category:
Männer

Total time: 2:07:29

Speed: 19.77 km/h
Running performance: 3:01 min/km

Rank in course/Total: 1 (of 28)

Rank in course/Men: 1 (of 15)

Best time in course: 2:07:29

Rank in category: 1(of 15)

Best time in the category: 2:07:29

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
nördlichster Punkt	4.59	15:34	3:23	3	0:05	3	0:05	4.59	15:34	3:23	3	0:05	3	0:05
Wechselstelle 1	5.09	15:26	3:01	2	0:02	2	0:02	9.68	31:00	3:12	1	-	1	-
Wechselstelle 2	11.40	33:37	2:56	1	-	1	-	21.08	1:04:37	3:03	1	-	1	-
südlichster Punkt	5.28	16:32	3:07	1	-	1	-	26.36	1:21:09	3:04	1	-	1	-
Wechselstelle 3	3.99	11:32	2:53	1	-	1	-	30.35	1:32:41	3:03	1	-	1	-
Nordpark Erfurt	12.20	34:48	2:51	1	-	1	-	42.20	2:07:29	3:01	1	-	1	-