



3. Erfurter Marathon

Erfurt / 27.08.2016

Detailed evaluation

Rückert, Jens

Club: Arnstadt
Number: 62

Course: 42.20 km
Marathon Einzel

Category:
Männer

Total time: 4:45:02

Speed: 8.84 km/h
Running performance: 6:46 min/km

Rank in course/Total: 18 (of 48)

Rank in course/Men: 16 (of 40)

Best time in course: 3:13:19

Rank in category: 16(of 40)

Best time in the category: 3:13:19

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	23:27	5:06	21	4:21	21	4:21	4.59	23:27	5:06	21	4:21	21	4:21
Wechselstelle 1	5.09	31:41	6:13	22	7:50	22	7:50	9.68	55:08	5:41	21	12:11	21	12:11
Wechselstelle 2	11.40	1:20:24	7:03	27	26:39	27	26:39	21.08	2:15:32	6:25	24	38:50	24	38:50
südlichster Punkt	5.28	37:51	7:10	19	11:40	19	11:40	26.36	2:53:23	6:34	24	50:30	24	50:30
Wechselstelle 3	3.99	28:49	7:13	16	9:18	16	9:18	30.35	3:22:12	6:39	23	59:48	23	59:48
Nordpark Erfurt	12.20	1:22:50	6:47	16	31:55	16	31:55	42.20	4:45:02	6:45	17	1:31:43	17	1:31:43