



4. Erfurt Marathon

Erfurt / 19.08.2017

Detailed evaluation

Rasch, Holger

Club: SV Mihla

Number: 187

Course: 42.30 km

Marathon Einzel

Category:

Männer

Total time: 4:55:59

Speed: 8.51 km/h

Running performance: 7:00 min/km

Rank in course/Total: 53 (of 63)

Rank in course/Men: 46 (of 56)

Best time in course: 2:59:40

Rank in category: 46(of 56)

Best time in the category: 2:59:40

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men	
								km	Time	min/km	Pos	Behind	Pos					Behind
Nördlichster Punkt	4.90	27:02	5:31	50	8:20	50	8:20	4.90	27:02	5:31	50	8:20	50	8:20	50	8:20	50	8:20
Wechselstelle 1	5.40	33:58	6:17	48	13:25	48	13:25	10.30	1:01:00	5:55	50	19:49	50	19:49	50	19:49	50	19:49
Wechselstelle 2	11.70	1:22:17	7:01	49	32:25	49	32:25	22.00	2:23:17	6:30	49	51:54	49	51:54	49	51:54	49	51:54
Südlichster Punkt	5.50	45:04	8:11	49	20:24	49	20:24	27.50	3:08:21	6:50	48	1:12:18	48	1:12:18	48	1:12:18	48	1:12:18
Wechselstelle 3	4.00	29:25	7:21	38	11:40	38	11:40	31.50	3:37:46	6:54	46	1:23:58	46	1:23:58	46	1:23:58	46	1:23:58
Erfurt	10.80	1:18:13	7:14	41	32:21	41	32:21	42.30	4:55:59	6:59	46	1:56:19	46	1:56:19	46	1:56:19	46	1:56:19