



4. Erfurt Marathon

Erfurt / 19.08.2017

Detailed evaluation

Semm, Joachim

Club: Herzog-Geor Team

Number: 184

Course: 42.30 km

Marathon Einzel

Category:

Männer

Total time: 3:23:52

Speed: 12.36 km/h

Running performance: 4:49 min/km

Rank in course/Total: 6 (of 63)

Rank in course/Men: 6 (of 56)

Best time in course: 2:59:40

Rank in category: 6(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Nördlichster Punkt	4.90	21:35	4:24	8	2:53	8	2:53	4.90	21:35	4:24	8	2:53	8	2:53
Wechselstelle 1	5.40	26:19	4:52	8	5:46	8	5:46	10.30	47:54	4:39	8	6:43	8	6:43
Wechselstelle 2	11.70	1:00:20	5:09	6	10:28	6	10:28	22.00	1:48:14	4:55	7	16:51	7	16:51
Südlichster Punkt	5.50	27:29	4:59	5	2:49	5	2:49	27.50	2:15:43	4:56	6	19:40	6	19:40
Wechselstelle 3	4.00	19:30	4:52	3	1:45	3	1:45	31.50	2:35:13	4:55	6	21:25	6	21:25
Erfurt	10.80	48:39	4:30	2	2:47	2	2:47	42.30	3:23:52	4:49	6	24:12	6	24:12