



6. Erfurt Marathon

Erfurt / 24.08.2019

Detailed evaluation

Mair, Denis

Club: München

Number: 65

Course: 42.00 km

Marathon Einzel

Category:

Männer

Total time: 3:23:11

Speed: 12.40 km/h

Running performance: 4:50 min/km

Rank in course/Total: 3 (of 66)

Rank in course/Men: 3 (of 54)

Best time in course: 2:46:58

Rank in category: 3(of 54)

Best time in the category: 2:46:58

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 | 4.50 | 18:32 | 4:07 | 4 | 2:06 | 4 | 2:06 | 4.50 | 18:32 | 4:07 | 4 | 2:06 | 4 | 2:06 |
| Wechselstelle 1 | 5.00 | 23:49 | 4:45 | 3 | 2:35 | 3 | 2:35 | 9.50 | 42:21 | 4:27 | 3 | 4:41 | 3 | 4:41 |
| Wechselstelle 2 | 11.00 | 54:15 | 4:55 | 2 | 6:48 | 2 | 6:48 | 20.50 | 1:36:36 | 4:42 | 2 | 11:29 | 2 | 11:29 |
| südlichster Punkt | 6.50 | 28:18 | 4:21 | 4 | 5:37 | 4 | 5:37 | 27.00 | 2:04:54 | 4:37 | 2 | 17:06 | 2 | 17:06 |
| Wechselstelle 3 | 4.00 | 22:22 | 5:35 | 8 | 5:25 | 8 | 5:25 | 31.00 | 2:27:16 | 4:45 | 3 | 22:31 | 3 | 22:31 |
| Nordpark Erfurt | 11.00 | 55:55 | 5:04 | 3 | 13:42 | 3 | 13:42 | 42.00 | 3:23:11 | 4:50 | 3 | 36:13 | 3 | 36:13 |