



6. Erfurt Marathon

Erfurt / 24.08.2019

Detailed evaluation

Spangenberg, Marco

Club: SWE Laufteam

Number: 136

Course: 23.50 km

Halbmarathon Einzel

Category:

Männer

Total time: 2:05:38

Speed: 10.98 km/h

Running performance: 5:21 min/km

Rank in course/Total: 8 (of 51)

Rank in course/Men: 7 (of 31)

Best time in course: 1:45:53

Rank in category: 7(of 31)

Best time in the category: 1:45:53

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
Wechselstelle 2	11.00	59:22	5:23	5	5:06	5	5:06	11.00	59:22	5:23	5	5:06	5	5:06
Nordpark Erfurt	12.50	1:06:16	5:18	8	14:39	8	14:39	23.50	2:05:38	5:20	7	19:45	7	19:45