



6. Erfurt Marathon

Erfurt / 24.08.2019

Detailed evaluation

Beer, Holger

Club: ProKernberge Jena

Number: 73

Course: 42.00 km

Marathon Einzel

Category:

Männer

Total time: 3:58:11

Speed: 10.58 km/h

Running performance: 5:40 min/km

Rank in course/Total: 18 (of 66)

Rank in course/Men: 18 (of 54)

Best time in course: 2:46:58

Rank in category: 18(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
nördlichster Punkt	4.50	21:19	4:44	21	4:53	21	4:53	4.50	21:19	4:44	21	4:53	21	4:53
Wechselstelle 1	5.00	28:02	5:36	20	6:48	20	6:48	9.50	49:21	5:11	20	11:41	20	11:41
Wechselstelle 2	11.00	1:03:04	5:44	15	15:37	15	15:37	20.50	1:52:25	5:29	19	27:18	19	27:18
südlichster Punkt	6.50	31:07	4:47	11	8:26	11	8:26	27.00	2:23:32	5:18	16	35:44	16	35:44
Wechselstelle 3	4.00	23:55	5:58	13	6:58	13	6:58	31.00	2:47:27	5:24	15	42:42	15	42:42
Nordpark Erfurt	11.00	1:10:44	6:25	23	28:31	23	28:31	42.00	3:58:11	5:40	18	1:11:13	18	1:11:13