



6. Erfurt Marathon

Erfurt / 24.08.2019

Detailed evaluation

Alsgut, Jens

Club: Erfurt

Number: 78

Course: 42.00 km

Marathon Einzel

Category:

Männer

Total time: 4:05:32

Speed: 10.26 km/h

Running performance: 5:51 min/km

Rank in course/Total: 23 (of 66)

Rank in course/Men: 21 (of 54)

Best time in course: 2:46:58

Rank in category: 21(of 54)

Best time in the category: 2:46:58

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
nördlichster Punkt	4.50	23:05	5:07	30	6:39	30	6:39	4.50	23:05	5:07	30	6:39	30	6:39
Wechselstelle 1	5.00	29:52	5:58	31	8:38	31	8:38	9.50	52:57	5:34	32	15:17	32	15:17
Wechselstelle 2	11.00	1:06:45	6:04	21	19:18	21	19:18	20.50	1:59:42	5:50	23	34:35	23	34:35
südlichster Punkt	6.50	32:07	4:56	15	9:26	15	9:26	27.00	2:31:49	5:37	22	44:01	22	44:01
Wechselstelle 3	4.00	23:50	5:57	12	6:53	12	6:53	31.00	2:55:39	5:39	22	50:54	22	50:54
Nordpark Erfurt	11.00	1:09:53	6:21	19	27:40	19	27:40	42.00	4:05:32	5:50	21	1:18:34	21	1:18:34