



1. Werratalmarathon, M, 4-er Staffel, HM

Treffurt / 07.04.2019

Detailed evaluation

Die flinken Heldrasteiner

Total time: 3:21:05

Number: 3

Speed: 12.53 km/h

Running performance: 4:46 min/km

Course: 42.20 km

Staffel

Rank in course: 7 (of 15)

Best time in course: 2:39:20

Category:

Rank in category: 5(of 10)

Männerstaffel

Best time in the category: 2:39:20

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Total	Behind Total	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total
Ifta	11.90	57:48	4:51	7	15:49	9	15:49	11.90	57:48	4:51	7	15:49	9	15:49
Buchenau	11.70	54:25	4:39	6	10:37	7	10:37	23.60	1:52:13	4:45	7	26:26	9	26:26
Frankenroda	9.40	46:04	4:54	4	9:23	6	9:23	33.00	2:38:17	4:47	6	33:04	8	33:04
Uferstraße in Tre	9.20	42:48	4:39	7	8:41	9	9:09	42.20	3:21:05	4:45	5	41:45	7	41:45