



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

Treffurt / 07.04.2019

Detailed evaluation

Spangenberg, Andreas

Club: 1. Eichsfelder Sportclub

Number: 264

Course: 21.10 km

Halbmarathon

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:30:37

Speed: 13.90 km/h

Running performance: 4:17 min/km

Rank in course/Total: 1 (of 72)

Rank in course/Men: 1 (of 52)

Best time in course: 1:30:37

Rank in category: 1(of 5)

Best time in the category: 1:30:37

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.
Frankenroda	11.70	51:09	4:22	1	-	1	-	11.70	51:09	4:22	1	-	1	-
Uferstraße in Tre	9.40	39:28	4:11	1	-	1	-	21.10	1:30:37	4:17	1	-	1	-