



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

Treffurt / 07.04.2019

Detailed evaluation

Böx, Ralf

Club: Eisenacher SSV

Number: 165

Course: 42.20 km

Marathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 3:51:12

Speed: 10.90 km/h

Running performance: 5:29 min/km

Rank in course/Total: 29 (of 75)

Rank in course/Men: 25 (of 67)

Best time in course: 2:59:48

Rank in category: 8(of 12)

Best time in the category: 3:24:13

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ifta	11.90	1:00:35	5:05	7	7:43	25	12:35	11.90	1:00:35	5:05	7	7:43	25	12:35
Buchenau	11.70	1:01:53	5:17	7	6:21	25	14:17	23.60	2:02:28	5:11	7	12:07	25	26:13
Frankenroda	9.40	52:01	5:32	8	5:58	27	12:46	33.00	2:54:29	5:17	7	18:05	26	38:59
Uferstraße in Tre	9.20	56:43	6:09	9	9:43	32	15:49	42.20	3:51:12	5:28	8	26:59	25	51:24