



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

Treffurt / 07.04.2019

Detailed evaluation

Rudel, Daniela

Club: Lauffeuer Fröttstädt

Number: 145

Course: 42.20 km

Marathon

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 3:51:48

Speed: 10.87 km/h

Running performance: 5:29 min/km

Rank in course/Total: 31 (of 75)

Rank in course/Women: 4 (of 8)

Best time in course: 3:28:42

Rank in category: 1(of 3)

Best time in the category: 3:51:48

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Ifta	11.90	1:01:40	5:10	1	-	4	5:00	11.90	1:01:40	5:10	1	-	4	5:00
Buchenau	11.70	1:04:15	5:29	1	-	4	7:36	23.60	2:05:55	5:20	1	-	4	12:36
Frankenroda	9.40	53:19	5:40	1	-	4	6:53	33.00	2:59:14	5:25	1	-	4	17:13
Uferstraße in Tre	9.20	52:34	5:42	1	-	4	8:12	42.20	3:51:48	5:29	1	-	4	23:06