



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

Treffurt / 07.04.2019

## Detailed evaluation

**Aust, Frank**

Club: Lauffeuer Fröttstädt

Number: 102

Course: 42.20 km

Marathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 3:51:48

Speed: 10.87 km/h

Running performance: 5:29 min/km

Rank in course/Total: 32 (of 75)

Rank in course/Men: 28 (of 67)

Best time in course: 2:59:48

Rank in category: 5(of 15)

Best time in the category: 3:18:26

### 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	1:01:39	5:10	4	4:30	26	13:39	11.90	1:01:39	5:10	4	4:30	26	13:39
Buchenau	11.70	1:03:52	5:27	7	8:48	34	16:16	23.60	2:05:31	5:19	6	12:43	30	29:16
Frankenroda	9.40	53:17	5:40	7	10:48	33	14:02	33.00	2:58:48	5:25	7	23:31	32	43:18
Uferstraße in Tre	9.20	53:00	5:45	6	9:51	22	12:06	42.20	3:51:48	5:29	5	33:22	28	52:00