



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

Treffurt / 07.04.2019

## Detailed evaluation

**Albrecht, Stefan**

Club: Lauffeuer Fröttstädt

Number: 143

Course: 42.20 km

Marathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 3:54:12

Speed: 10.76 km/h

Running performance: 5:33 min/km

Rank in course/Total: 34 (of 75)

Rank in course/Men: 30 (of 67)

Best time in course: 2:59:48

Rank in category: 7(of 15)

Best time in the category: 3:18:26

### Intermediate times

### Stage score

### Total ranking

| Control           | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|-------------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                   |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| Ifta              | 11.90       | 1:05:52       | 5:32            | 8           | 8:43           | 37          | 17:52         | 11.90         | 1:05:52       | 5:32            | 8           | 8:43           | 37         | 17:52         |
| Buchenau          | 11.70       | 1:05:28       | 5:35            | 8           | 10:24          | 37          | 17:52         | 23.60         | 2:11:20       | 5:33            | 8           | 18:32          | 37         | 35:05         |
| Frankenroda       | 9.40        | 52:08         | 5:32            | 5           | 9:39           | 29          | 12:53         | 33.00         | 3:03:28       | 5:33            | 8           | 28:11          | 34         | 47:58         |
| Uferstraße in Tre | 9.20        | 50:44         | 5:30            | 4           | 7:35           | 19          | 9:50          | 42.20         | 3:54:12       | 5:32            | 7           | 35:46          | 30         | 54:24         |