



# 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 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	1:05:52	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