



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

Treffurt / 07.04.2019

Detailed evaluation

Bertram, Sascha

Club: Stedtfelder RSF 1979

Number: 106

Course: 42.20 km

Marathon

Category:

Senioren M35 (35-39 Jahre)

Total time: 3:54:31

Speed: 10.80 km/h

Running performance: 5:34 min/km

Rank in course/Total: 35 (of 75)

Rank in course/Men: 31 (of 67)

Best time in course: 2:59:48

Rank in category: 6(of 8)

Best time in the category: 2:59:48

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 | 58:18 | 4:53 | 5 | 9:39 | 22 | 10:18 | 11.90 | 58:18 | 4:53 | 5 | 9:39 | 22 | 10:18 |
| Buchenau | 11.70 | 58:48 | 5:01 | 5 | 11:12 | 19 | 11:12 | 23.60 | 1:57:06 | 4:57 | 5 | 20:51 | 19 | 20:51 |
| Frankenroda | 9.40 | 53:08 | 5:39 | 6 | 13:53 | 32 | 13:53 | 33.00 | 2:50:14 | 5:09 | 5 | 34:44 | 20 | 34:44 |
| Uferstraße in Tre | 9.20 | 1:04:17 | 6:59 | 7 | 23:23 | 45 | 23:23 | 42.20 | 3:54:31 | 5:33 | 6 | 54:43 | 31 | 54:43 |