



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: 10.75 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