



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

Treffurt / 07.04.2019

Detailed evaluation

Kersten, Jens

Club: Onko Team

Number: 121

Course: 42.20 km

Marathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 3:56:59

Speed: 10.63 km/h

Running performance: 5:37 min/km

Rank in course/Total: 36 (of 75)

Rank in course/Men: 32 (of 67)

Best time in course: 2:59:48

Rank in category: 9(of 12)

Best time in the category: 3:24:13

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	1:05:25	5:29	9	12:33	35	17:25	11.90	1:05:25	5:29	9	12:33	35	17:25
Buchenau	11.70	1:02:44	5:21	8	7:12	31	15:08	23.60	2:08:09	5:25	9	17:48	34	31:54
Frankenroda	9.40	52:53	5:37	9	6:50	31	13:38	33.00	3:01:02	5:29	9	24:38	33	45:32
Uferstraße in Tre	9.20	55:57	6:04	8	8:57	30	15:03	42.20	3:56:59	5:36	9	32:46	32	57:11