



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 |