



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

Treffurt / 07.04.2019

## Detailed evaluation

**Hildebrandt, Guido**

Club: Lauffreunde Eisenberg

Number: 119

Course: 42.20 km

Marathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 3:59:18

Speed: 10.53 km/h

Running performance: 5:40 min/km

Rank in course/Total: 37 (of 75)

Rank in course/Men: 33 (of 67)

Best time in course: 2:59:48

Rank in category: 3(of 5)

Best time in the category: 3:13:33

### 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	1:08:17	5:44	4	15:19	40	20:17	11.90	1:08:17	5:44	4	15:19	40	20:17
Buchenau	11.70	1:01:25	5:14	3	9:00	24	13:49	23.60	2:09:42	5:29	4	24:19	36	33:27
Frankenroda	9.40	53:47	5:43	4	9:55	34	14:32	33.00	3:03:29	5:33	4	34:14	35	47:59
Uferstraße in Tre	9.20	55:49	6:04	3	11:31	29	14:55	42.20	3:59:18	5:40	3	45:45	33	59:30