



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

Treffurt / 07.04.2019

Detailed evaluation

Steinwachs, Bert

Club: SV Normania Treffurt

Number: 155

Course: 42.20 km

Marathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 4:04:42

Speed: 10.30 km/h

Running performance: 5:48 min/km

Rank in course/Total: 41 (of 75)

Rank in course/Men: 37 (of 67)

Best time in course: 2:59:48

Rank in category: 4(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	1:00:14	5:03	3	7:16	24	12:14	11.90	1:00:14	5:03	3	7:16	24	12:14
Buchenau	11.70	1:01:59	5:17	4	9:34	27	14:23	23.60	2:02:13	5:10	3	16:50	23	25:58
Frankenroda	9.40	50:38	5:23	3	6:46	20	11:23	33.00	2:52:51	5:14	3	23:36	22	37:21
Uferstraße in Tre	9.20	1:11:51	7:48	5	27:33	57	30:57	42.20	4:04:42	5:47	4	51:09	37	1:04:54