



# 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<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|-------------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                   |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>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       |