



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

Treffurt / 07.04.2019

Detailed evaluation

Gasa, Carola

Club: SV Mihla

Number: 158

Course: 42.20 km

Marathon

Category:

Seniorinnen W55 (55-59 Jahre)

Total time: 4:11:33

Speed: 10.02 km/h

Running performance: 5:58 min/km

Rank in course/Total: 42 (of 75)

Rank in course/Women: 5 (of 8)

Best time in course: 3:28:42

Rank in category: 3(of 4)

Best time in the category: 3:28:42

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Ifta	11.90	1:06:46	5:36	3	6:44	5	10:06	11.90	1:06:46	5:36	3	6:44	5	10:06
Buchenau	11.70	1:11:24	6:06	3	13:32	5	14:45	23.60	2:18:10	5:51	3	20:16	5	24:51
Frankenroda	9.40	56:47	6:02	3	10:21	5	10:21	33.00	3:14:57	5:54	3	30:37	5	32:56
Uferstraße in Tre	9.20	56:36	6:09	3	12:14	5	12:14	42.20	4:11:33	5:57	3	42:51	5	42:51