



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

Treffurt / 07.04.2019

Detailed evaluation

Schmid, Jörg

Club: Rennsteiglaufverein, Arnstadt

Number: 149

Course: 42.20 km

Marathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 4:19:08

Speed: 9.72 km/h

Running performance: 6:08 min/km

Rank in course/Total: 45 (of 75)

Rank in course/Men: 40 (of 67)

Best time in course: 2:59:48

Rank in category: 6(of 16)

Best time in the category: 3:29:29

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	1:09:36	5:50	7	13:02	42	21:36	11.90	1:09:36	5:50	7	13:02	42	21:36
Buchenau	11.70	1:09:43	5:57	7	12:59	43	22:07	23.60	2:19:19	5:54	7	26:01	42	43:04
Frankenroda	9.40	57:31	6:07	5	8:50	39	18:16	33.00	3:16:50	5:57	6	34:51	41	1:01:20
Uferstraße in Tre	9.20	1:02:18	6:46	9	14:48	42	21:24	42.20	4:19:08	6:08	6	49:39	40	1:19:20