



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

Treffurt / 07.04.2019

Detailed evaluation

Gremm, Burkhard

Club: Lauffeuer XXL Laufftreff

Number: 177

Course: 42.20 km

Marathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 4:25:48

Speed: 9.48 km/h

Running performance: 6:18 min/km

Rank in course/Total: 47 (of 75)

Rank in course/Men: 42 (of 67)

Best time in course: 2:59:48

Rank in category: 7(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	1:07:24	5:39	6	10:50	39	19:24	11.90	1:07:24	5:39	6	10:50	39	19:24
Buchenau	11.70	1:14:11	6:20	9	17:27	48	26:35	23.60	2:21:35	5:59	8	28:17	43	45:20
Frankenroda	9.40	1:02:21	6:37	10	13:40	47	23:06	33.00	3:23:56	6:10	8	41:57	44	1:08:26
Uferstraße in Tre	9.20	1:01:52	6:43	8	14:22	39	20:58	42.20	4:25:48	6:17	7	56:19	42	1:26:00