



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

Treffurt / 07.04.2019

Detailed evaluation

Kottwitz, Denise

Club: Sisu Berlin

Number: 222

Course: 21.10 km

Halbmarathon

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 1:41:57

Speed: 12.42 km/h

Running performance: 4:50 min/km

Rank in course/Total: 11 (of 72)

Rank in course/Women: 1 (of 20)

Best time in course: 1:41:57

Rank in category: 1(of 3)

Best time in the category: 1:41:57

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Frankenroda	11.70	58:16	4:58	1	-	2	0:58	11.70	58:16	4:58	1	-	2	0:58
Uferstraße in Tre	9.40	43:41	4:38	1	-	1	-	21.10	1:41:57	4:49	1	-	1	-