



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

Treffurt / 07.04.2019

Detailed evaluation

Lemm, Christian

Club: SV Hainich Berka

Number: 172

Course: 42.20 km

Marathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 4:31:22

Speed: 9.29 km/h

Running performance: 6:26 min/km

Rank in course/Total: 50 (of 75)

Rank in course/Men: 45 (of 67)

Best time in course: 2:59:48

Rank in category: 10(of 12)

Best time in the category: 3:24:13

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	1:11:14	5:59	10	18:22	45	23:14	11.90	1:11:14	5:59	10	18:22	45	23:14
Buchenau	11.70	1:10:39	6:02	10	15:07	45	23:03	23.60	2:21:53	6:00	10	31:32	44	45:38
Frankenroda	9.40	1:00:11	6:24	10	14:08	43	20:56	33.00	3:22:04	6:07	10	45:40	43	1:06:34
Uferstraße in Tre	9.20	1:09:18	7:31	10	22:18	52	28:24	42.20	4:31:22	6:25	10	1:07:09	45	1:31:34