



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

Treffurt / 07.04.2019

Detailed evaluation

Gast, Thomas

Club: Frankenroda

Number: 114

Course: 42.20 km

Marathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 4:33:36

Speed: 9.21 km/h

Running performance: 6:29 min/km

Rank in course/Total: 51 (of 75)

Rank in course/Men: 46 (of 67)

Best time in course: 2:59:48

Rank in category: 10(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	1:11:39	6:01	9	15:05	46	23:39	11.90	1:11:39	6:01	9	15:05	46	23:39
Buchenau	11.70	1:10:16	6:00	8	13:32	44	22:40	23.60	2:21:55	6:00	9	28:37	45	45:40
Frankenroda	9.40	1:05:24	6:57	11	16:43	51	26:09	33.00	3:27:19	6:16	9	45:20	46	1:11:49
Uferstraße in Tre	9.20	1:06:17	7:12	11	18:47	46	25:23	42.20	4:33:36	6:29	10	1:04:07	46	1:33:48