



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

Treffurt / 07.04.2019

Detailed evaluation

Goymann, Uwe

Club: Laufftreff Plaue

Number: 176

Course: 42.20 km

Marathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 4:39:08

Speed: 9.03 km/h

Running performance: 6:37 min/km

Rank in course/Total: 54 (of 75)

Rank in course/Men: 48 (of 67)

Best time in course: 2:59:48

Rank in category: 11(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	1:19:11	6:39	13	22:37	56	31:11	11.90	1:19:11	6:39	13	22:37	56	31:11
Buchenau	11.70	1:18:27	6:42	11	21:43	53	30:51	23.60	2:37:38	6:40	12	44:20	54	1:01:23
Frankenroda	9.40	1:01:32	6:32	8	12:51	44	22:17	33.00	3:39:10	6:38	11	57:11	52	1:23:40
Uferstraße in Tre	9.20	59:58	6:31	7	12:28	37	19:04	42.20	4:39:08	6:36	11	1:09:39	48	1:39:20