



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

Treffurt / 07.04.2019

Detailed evaluation

Griesang, Jens

Club: Erlangen

Number: 116

Course: 42.20 km

Marathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 4:39:22

Speed: 9.02 km/h

Running performance: 6:37 min/km

Rank in course/Total: 55 (of 75)

Rank in course/Men: 49 (of 67)

Best time in course: 2:59:48

Rank in category: 10(of 15)

Best time in the category: 3:18:26

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	1:17:48	6:32	13	20:39	53	29:48	11.90	1:17:48	6:32	13	20:39	53	29:48
Buchenau	11.70	1:15:57	6:29	11	20:53	49	28:21	23.60	2:33:45	6:30	11	40:57	50	57:30
Frankenroda	9.40	1:03:30	6:45	10	21:01	49	24:15	33.00	3:37:15	6:34	11	1:01:58	50	1:21:45
Uferstraße in Tre	9.20	1:02:07	6:45	9	18:58	40	21:13	42.20	4:39:22	6:37	10	1:20:56	49	1:39:34