



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

Treffurt / 07.04.2019

Detailed evaluation

Semmelroth, Gerno

Total time: 4:39:22

Club: TEA / www.Bilstein-Marathon.de BiMa 100 H Speed: 9.02 km/h

Number: 153

Running performance: 6:37 min/km

Course: 42.20 km

Rank in course/Total: 56 (of 75)

Marathon

Rank in course/Men: 49 (of 67)

Best time in course: 2:59:48

Category:

Rank in category: 10(of 15)

Senioren M50 (50-54 Jahre)

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	1:16:40	6:26	12	19:31	51	28:40	11.90	1:16:40	6:26	12	19:31	51	28:40
Buchenau	11.70	1:17:05	6:35	12	22:01	51	29:29	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