



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

Treffurt / 07.04.2019

Detailed evaluation

Martin, Alexandra

Club: TSV Prichsenstadt

Number: 131

Course: 42.20 km

Marathon

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 4:42:18

Speed: 8.93 km/h

Running performance: 6:41 min/km

Rank in course/Total: 57 (of 75)

Rank in course/Women: 7 (of 8)

Best time in course: 3:28:42

Rank in category: 3(of 3)

Best time in the category: 3:51:48

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Ifta	11.90	1:15:01	6:18	3	13:21	7	18:21	11.90	1:15:01	6:18	3	13:21	7	18:21
Buchenau	11.70	1:15:34	6:27	3	11:19	7	18:55	23.60	2:30:35	6:22	3	24:40	7	37:16
Frankenroda	9.40	1:07:28	7:10	3	14:09	7	21:02	33.00	3:38:03	6:36	3	38:49	7	56:02
Uferstraße in Tre	9.20	1:04:15	6:59	2	11:41	6	19:53	42.20	4:42:18	6:41	3	50:30	7	1:13:36