



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

Treffurt / 07.04.2019

Detailed evaluation

Nimmrichter, Sascha

Club: JSV Erfurt

Number: 136

Course: 42.20 km

Marathon

Category:

Senioren M30 (30-34 Jahre)

Total time: 4:46:28

Speed: 8.80 km/h

Running performance: 6:47 min/km

Rank in course/Total: 59 (of 75)

Rank in course/Men: 52 (of 67)

Best time in course: 2:59:48

Rank in category: 3(of 3)

Best time in the category: 3:25:10

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	1:13:53	6:12	3	24:11	48	25:53	11.90	1:13:53	6:12	3	24:11	48	25:53
Buchenau	11.70	1:13:39	6:17	3	22:37	47	26:03	23.60	2:27:32	6:15	3	46:48	47	51:17
Frankenroda	9.40	1:06:29	7:04	3	21:51	52	27:14	33.00	3:34:01	6:29	3	1:01:52	48	1:18:31
Uferstraße in Tre	9.20	1:12:27	7:52	3	24:06	59	31:33	42.20	4:46:28	6:47	3	1:21:18	52	1:46:40