



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

Treffurt / 07.04.2019

Detailed evaluation

Joseph, Alexander

Club: Lauffreunde Eisenberg

Number: 120

Course: 42.20 km

Marathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 4:47:28

Speed: 8.77 km/h

Running performance: 6:49 min/km

Rank in course/Total: 60 (of 75)

Rank in course/Men: 53 (of 67)

Best time in course: 2:59:48

Rank in category: 12(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	1:10:29	5:55	10	13:20	44	22:29	11.90	1:10:29	5:55	10	13:20	44	22:29
Buchenau	11.70	1:12:59	6:14	10	17:55	46	25:23	23.60	2:23:28	6:04	10	30:40	46	47:13
Frankenroda	9.40	1:11:32	7:36	14	29:03	63	32:17	33.00	3:35:00	6:30	10	59:43	49	1:19:30
Uferstraße in Tre	9.20	1:12:28	7:52	14	29:19	60	31:34	42.20	4:47:28	6:48	12	1:29:02	53	1:47:40