



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

Treffurt / 07.04.2019

Detailed evaluation

Sakuth, Holger

Club: M&H Rennsteigtem

Number: 169

Course: 42.20 km

Marathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 4:54:13

Speed: 8.57 km/h

Running performance: 6:58 min/km

Rank in course/Total: 62 (of 75)

Rank in course/Men: 55 (of 67)

Best time in course: 2:59:48

Rank in category: 13(of 16)

Best time in the category: 3:29:29

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	1:15:43	6:21	10	19:09	49	27:43	11.90	1:15:43	6:21	10	19:09	49	27:43
Buchenau	11.70	1:19:49	6:49	12	23:05	55	32:13	23.60	2:35:32	6:35	11	42:14	53	59:17
Frankenroda	9.40	1:07:48	7:12	12	19:07	53	28:33	33.00	3:43:20	6:46	12	1:01:21	54	1:27:50
Uferstraße in Tre	9.20	1:10:53	7:42	13	23:23	54	29:59	42.20	4:54:13	6:58	13	1:24:44	55	1:54:25