



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

Treffurt / 07.04.2019

Detailed evaluation

Kottwitz, Andreas

Club: HV Gross Buckow

Number: 124

Course: 42.20 km

Marathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 5:01:25

Speed: 8.36 km/h

Running performance: 7:08 min/km

Rank in course/Total: 65 (of 75)

Rank in course/Men: 58 (of 67)

Best time in course: 2:59:48

Rank in category: 11(of 12)

Best time in the category: 3:24:13

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	1:19:10	6:39	11	26:18	55	31:10	11.90	1:19:10	6:39	11	26:18	55	31:10
Buchenau	11.70	1:20:35	6:53	11	25:03	57	32:59	23.60	2:39:45	6:46	11	49:24	57	1:03:30
Frankenroda	9.40	1:09:35	7:24	11	23:32	57	30:20	33.00	3:49:20	6:56	11	1:12:56	57	1:33:50
Uferstraße in Tre	9.20	1:12:05	7:50	11	25:05	58	31:11	42.20	5:01:25	7:08	11	1:37:12	58	2:01:37