



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

Treffurt / 07.04.2019

Detailed evaluation

Rauch, Andre

Club: Lauffeuer XXL-Lauftreff

Number: 139

Course: 42.20 km

Marathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 5:04:14

Speed: 8.28 km/h

Running performance: 7:13 min/km

Rank in course/Total: 66 (of 75)

Rank in course/Men: 59 (of 67)

Best time in course: 2:59:48

Rank in category: 14(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	1:22:28	6:55	15	25:54	63	34:28	11.90	1:22:28	6:55	15	25:54	63	34:28
Buchenau	11.70	1:26:22	7:22	15	29:38	61	38:46	23.60	2:48:50	7:09	15	55:32	62	1:12:35
Frankenroda	9.40	1:08:01	7:14	13	19:20	54	28:46	33.00	3:56:51	7:10	14	1:14:52	60	1:41:21
Uferstraße in Tre	9.20	1:07:23	7:19	12	19:53	50	26:29	42.20	5:04:14	7:12	14	1:34:45	59	2:04:26