



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

Treffurt / 07.04.2019

Detailed evaluation

Thein, Henrik

Club: Waltershausen

Number: 163

Course: 42.20 km

Marathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 5:08:17

Speed: 8.17 km/h

Running performance: 7:19 min/km

Rank in course/Total: 67 (of 75)

Rank in course/Men: 60 (of 67)

Best time in course: 2:59:48

Rank in category: 15(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	1:20:01	6:43	14	23:27	60	32:01	11.90	1:20:01	6:43	14	23:27	60	32:01
Buchenau	11.70	1:25:54	7:20	14	29:10	60	38:18	23.60	2:45:55	7:01	14	52:37	60	1:09:40
Frankenroda	9.40	1:11:23	7:35	16	22:42	62	32:08	33.00	3:57:18	7:11	15	1:15:19	61	1:41:48
Uferstraße in Tre	9.20	1:10:59	7:42	14	23:29	55	30:05	42.20	5:08:17	7:18	15	1:38:48	60	2:08:29