



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 |