



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

Treffurt / 07.04.2019

Detailed evaluation

Laig, Uwe

Club: 100 Marathon Club

Number: 166

Course: 42.20 km

Marathon

Category:

Senioren M60 (60-64 Jahre)

Total time: 5:20:27

Speed: 7.86 km/h

Running performance: 7:35 min/km

Rank in course/Total: 70 (of 75)

Rank in course/Men: 63 (of 67)

Best time in course: 2:59:48

Rank in category: 3(of 3)

Best time in the category: 3:51:12

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	1:27:50	7:22	3	27:54	66	39:50	11.90	1:27:50	7:22	3	27:54	66	39:50
Buchenau	11.70	1:29:25	7:38	3	27:07	64	41:49	23.60	2:57:15	7:30	3	55:01	66	1:21:00
Frankenroda	9.40	1:09:53	7:26	3	17:46	60	30:38	33.00	4:07:08	7:29	3	1:12:47	64	1:51:38
Uferstraße in Tre	9.20	1:13:19	7:58	3	16:28	61	32:25	42.20	5:20:27	7:35	3	1:29:15	63	2:20:39