



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

Treffurt / 07.04.2019

Detailed evaluation

Leffler, Mirko

Club: Südthüringentriail e.V.

Number: 127

Course: 42.20 km

Marathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 5:29:50

Speed: 7.64 km/h

Running performance: 7:49 min/km

Rank in course/Total: 73 (of 75)

Rank in course/Men: 65 (of 67)

Best time in course: 2:59:48

Rank in category: 12(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	1:19:49	6:42	12	26:57	59	31:49	11.90	1:19:49	6:42	12	26:57	59	31:49	
Buchenau	11.70	1:28:14	7:32	12	32:42	63	40:38	23.60	2:48:03	7:07	12	57:42	61	1:11:48	
Frankenroda	9.40	1:20:19	8:32	12	34:16	65	41:04	33.00	4:08:22	7:31	12	1:31:58	65	1:52:52	
Uferstraße in Tre	9.20	1:21:28	8:51	12	34:28	65	40:34	42.20	5:29:50	7:48	12	2:05:37	65	2:30:02	