



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

Treffurt / 07.04.2019

Detailed evaluation

Ihling, Stephan

Club: Fortuna Möhra

Number: 216

Course: 21.10 km

Halbmarathon

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:46:15

Speed: 11.86 km/h

Running performance: 5:02 min/km

Rank in course/Total: 15 (of 72)

Rank in course/Men: 13 (of 52)

Best time in course: 1:30:37

Rank in category: 2(of 5)

Best time in the category: 1:30:37

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Frankenroda	11.70	1:01:43	5:16	2	10:34	20	10:34	11.70	1:01:43	5:16	2	10:34	20	10:34
Uferstraße in Tre	9.40	44:32	4:44	2	5:04	11	5:04	21.10	1:46:15	5:02	2	15:38	13	15:38