



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

Treffurt / 07.04.2019

## Detailed evaluation

**Steinmetz, Thomas**

Club: Creuzburg

Number: 273

Course: 21.10 km

Halbmarathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 1:49:35

Speed: 11.50 km/h

Running performance: 5:11 min/km

Rank in course/Total: 22 (of 72)

Rank in course/Men: 19 (of 52)

Best time in course: 1:30:37

Rank in category: 3(of 9)

Best time in the category: 1:37:30

### 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	1:02:55	5:22	4	6:44	23	11:46	11.70	1:02:55	5:22	4	6:44	23	11:46
Uferstraße in Tre	9.40	46:40	4:57	3	5:21	16	7:12	21.10	1:49:35	5:11	3	12:05	19	18:58