



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

Treffurt / 07.04.2019

Detailed evaluation

Stegmann, Anja

Club: LT Altensteiner Park

Number: 239

Course: 21.10 km

Halbmarathon

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 1:54:39

Speed: 10.99 km/h

Running performance: 5:26 min/km

Rank in course/Total: 36 (of 72)

Rank in course/Women: 9 (of 20)

Best time in course: 1:41:57

Rank in category: 3(of 5)

Best time in the category: 1:46:56

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Frankenroda	11.70	1:05:41	5:36	3	6:07	10	8:23	11.70	1:05:41	5:36	3	6:07	10	8:23
Uferstraße in Tre	9.40	48:58	5:12	3	1:36	7	5:17	21.10	1:54:39	5:26	3	7:43	9	12:42