



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

Treffurt / 07.04.2019

## Detailed evaluation

**Steinhardt, Ralf**

Club: LG Seebach

Number: 272

Course: 21.10 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:55:04

Speed: 10.95 km/h

Running performance: 5:27 min/km

Rank in course/Total: 40 (of 72)

Rank in course/Men: 31 (of 52)

Best time in course: 1:30:37

Rank in category: 7(of 8)

Best time in the category: 1:38:33

### 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	1:06:36	5:41	8	11:34	36	15:27	11.70	1:06:36	5:41	8	11:34	36	15:27
Uferstraße in Tre	9.40	48:28	5:09	4	6:16	24	9:00	21.10	1:55:04	5:27	7	16:31	31	24:27