



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

Treffurt / 07.04.2019

Detailed evaluation

Baldauf, Marcus

Club: Rennsteiglaufverein LG Süd

Number: 103

Course: 42.20 km

Marathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 3:13:33

Speed: 13.02 km/h

Running performance: 4:35 min/km

Rank in course/Total: 5 (of 75)

Rank in course/Men: 5 (of 67)

Best time in course: 2:59:48

Rank in category: 1(of 5)

Best time in the category: 3:13:33

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	52:58	4:27	1	-	6	4:58	11.90	52:58	4:27	1	-	6	4:58
Buchenau	11.70	52:25	4:28	1	-	5	4:49	23.60	1:45:23	4:27	1	-	5	9:08
Frankenroda	9.40	43:52	4:40	1	-	7	4:37	33.00	2:29:15	4:31	1	-	5	13:45
Uferstraße in Tre	9.20	44:18	4:48	1	-	5	3:24	42.20	3:13:33	4:35	1	-	5	13:45