



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

Treffurt / 07.04.2019

Detailed evaluation

Bechmann, Rico

Club: Lauffeuer Fröttstädt

Number: 105

Course: 42.20 km

Marathon

Category:

Senioren M35 (35-39 Jahre)

Total time: 3:16:16

Speed: 12.84 km/h

Running performance: 4:39 min/km

Rank in course/Total: 6 (of 75)

Rank in course/Men: 6 (of 67)

Best time in course: 2:59:48

Rank in category: 3(of 8)

Best time in the category: 2:59:48

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	56:16	4:43	3	7:37	10	8:16	11.90	56:16	4:43	3	7:37	10	8:16
Buchenau	11.70	55:55	4:46	3	8:19	9	8:19	23.60	1:52:11	4:45	3	15:56	9	15:56
Frankenroda	9.40	43:11	4:35	3	3:56	5	3:56	33.00	2:35:22	4:42	3	19:52	8	19:52
Uferstraße in Tre	9.20	40:54	4:26	1	-	1	-	42.20	3:16:16	4:39	3	16:28	6	16:28