



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

Treffurt / 07.04.2019

Detailed evaluation

Zsoldos, Ferenc

Club: PSV Grün Weiß Kassel

Number: 181

Course: 42.20 km

Marathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 3:18:26

Speed: 12.70 km/h

Running performance: 4:42 min/km

Rank in course/Total: 7 (of 75)

Rank in course/Men: 7 (of 67)

Best time in course: 2:59:48

Rank in category: 1(of 15)

Best time in the category: 3:18:26

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	57:44	4:51	2	0:35	15	9:44	11.90	57:44	4:51	2	0:35	15	9:44
Buchenau	11.70	55:04	4:42	1	-	7	7:28	23.60	1:52:48	4:46	1	-	11	16:33
Frankenroda	9.40	42:29	4:31	1	-	3	3:14	33.00	2:35:17	4:42	1	-	7	19:47
Uferstraße in Tre	9.20	43:09	4:41	1	-	3	2:15	42.20	3:18:26	4:42	1	-	7	18:38