



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

Treffurt / 07.04.2019

Detailed evaluation

Staufenbiel, Roman

Club: SG Eintracht Wendehausen e,V,
Number: 168

Course: 42.20 km
Marathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 3:24:13

Speed: 12.34 km/h
Running performance: 4:50 min/km

Rank in course/Total: 8 (of 75)

Rank in course/Men: 8 (of 67)

Best time in course: 2:59:48

Rank in category: 1(of 12)

Best time in the category: 3:24:13

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	54:56	4:36	2	2:04	8	6:56	11.90	54:56	4:36	2	2:04	8	6:56
Buchenau	11.70	55:32	4:44	1	-	8	7:56	23.60	1:50:28	4:40	2	0:07	8	14:13
Frankenroda	9.40	46:45	4:58	4	0:42	13	7:30	33.00	2:37:13	4:45	2	0:49	11	21:43
Uferstraße in Tre	9.20	47:00	5:06	1	-	10	6:06	42.20	3:24:13	4:50	1	-	8	24:25