



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

Treffurt / 07.04.2019

Detailed evaluation

Ernst, Marcel

Club: Lauffeuer Fröttstädt

Number: 142

Course: 42.20 km

Marathon

Category:

Senioren M30 (30-34 Jahre)

Total time: 3:25:10

Speed: 12.28 km/h

Running performance: 4:52 min/km

Rank in course/Total: 9 (of 75)

Rank in course/Men: 9 (of 67)

Best time in course: 2:59:48

Rank in category: 1(of 3)

Best time in the category: 3:25:10

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	56:15	4:43	2	6:33	9	8:15	11.90	56:15	4:43	2	6:33	9	8:15
Buchenau	11.70	55:56	4:46	2	4:54	10	8:20	23.60	1:52:11	4:45	2	11:27	9	15:56
Frankenroda	9.40	44:38	4:44	1	-	8	5:23	33.00	2:36:49	4:45	2	4:40	10	21:19
Uferstraße in Tre	9.20	48:21	5:15	1	-	14	7:27	42.20	3:25:10	4:51	1	-	9	25:22