



# 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<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|-------------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                   |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>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         |