



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

Treffurt / 07.04.2019

Detailed evaluation

Koch, Christian

Club: Run&Bike Schmalkalden

Number: 220

Course: 21.10 km

Halbmarathon

Category:

Senioren M35 (35-39 Jahre)

Total time: 2:24:58

Speed: 8.69 km/h

Running performance: 6:52 min/km

Rank in course/Total: 66 (of 72)

Rank in course/Men: 47 (of 52)

Best time in course: 1:30:37

Rank in category: 4(of 5)

Best time in the category: 1:30:37

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
Frankenroda	11.70	1:13:57	6:19	4	22:48	45	22:48	11.70	1:13:57	6:19	4	22:48	45	22:48
Uferstraße in Tre	9.40	1:11:01	7:33	4	31:33	49	31:33	21.10	2:24:58	6:52	4	54:21	47	54:21