



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

Treffurt / 07.04.2019

Detailed evaluation

Dr. Nautscher-Timmermann, Stephan Total time: 3:26:05

Club: www.lindenapotheke-mhl.de

Number: 178

Speed: 12.23 km/h

Running performance: 4:53 min/km

Course: 42.20 km

Marathon

Rank in course/Total: 10 (of 75)

Rank in course/Men: 10 (of 67)

Best time in course: 2:59:48

Category:

Senioren M45 (45-49 Jahre)

Rank in category: 2(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	52:52	4:26	1	-	5	4:52	11.90	52:52	4:26	1	-	5	4:52
Buchenau	11.70	57:29	4:54	5	1:57	17	9:53	23.60	1:50:21	4:40	1	-	7	14:06
Frankenroda	9.40	46:03	4:53	1	-	10	6:48	33.00	2:36:24	4:44	1	-	9	20:54
Uferstraße in Tre	9.20	49:41	5:24	4	2:41	17	8:47	42.20	3:26:05	4:53	2	1:52	10	26:17