



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

Treffurt / 07.04.2019

Detailed evaluation

Heß, Torsten

Club: LG Rippershausen

Number: 118

Course: 42.20 km

Marathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 3:27:07

Speed: 12.17 km/h

Running performance: 4:55 min/km

Rank in course/Total: 12 (of 75)

Rank in course/Men: 12 (of 67)

Best time in course: 2:59:48

Rank in category: 2(of 15)

Best time in the category: 3:18:26

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	57:09	4:48	1	-	13	9:09	11.90	57:09	4:48	1	-	13	9:09
Buchenau	11.70	56:39	4:50	2	1:35	13	9:03	23.60	1:53:48	4:49	2	1:00	14	17:33
Frankenroda	9.40	47:20	5:02	2	4:51	14	8:05	33.00	2:41:08	4:52	2	5:51	15	25:38
Uferstraße in Tre	9.20	45:59	4:59	2	2:50	7	5:05	42.20	3:27:07	4:54	2	8:41	12	27:19