



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

Treffurt / 07.04.2019

Detailed evaluation

Rolf, Lars

Club: Non-Stop-Ultra Brakel

Number: 159

Course: 42.20 km

Marathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 3:28:01

Speed: 12.11 km/h

Running performance: 4:56 min/km

Rank in course/Total: 13 (of 75)

Rank in course/Men: 13 (of 67)

Best time in course: 2:59:48

Rank in category: 3(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	57:56	4:52	5	5:04	18	9:56	11.90	57:56	4:52	5	5:04	18	9:56
Buchenau	11.70	56:24	4:49	2	0:52	11	8:48	23.60	1:54:20	4:50	3	3:59	15	18:05
Frankenroda	9.40	46:07	4:54	2	0:04	11	6:52	33.00	2:40:27	4:51	3	4:03	13	24:57
Uferstraße in Tre	9.20	47:34	5:10	2	0:34	12	6:40	42.20	3:28:01	4:55	3	3:48	13	28:13