



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

Treffurt / 07.04.2019

Detailed evaluation

Kaufhold, Tobias

Club: Faulungen

Number: 161

Course: 42.20 km

Marathon

Category:

Senioren M30 (30-34 Jahre)

Total time: 3:28:53

Speed: 12.06 km/h

Running performance: 4:57 min/km

Rank in course/Total: 15 (of 75)

Rank in course/Men: 14 (of 67)

Best time in course: 2:59:48

Rank in category: 2(of 3)

Best time in the category: 3:25:10

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	49:42	4:10	1	-	4	1:42	11.90	49:42	4:10	1	-	4	1:42
Buchenau	11.70	51:02	4:21	1	-	4	3:26	23.60	1:40:44	4:16	1	-	4	4:29
Frankenroda	9.40	51:25	5:28	2	6:47	23	12:10	33.00	2:32:09	4:36	1	-	6	16:39
Uferstraße in Tre	9.20	56:44	6:10	2	8:23	33	15:50	42.20	3:28:53	4:56	2	3:43	14	29:05