



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

Treffurt / 07.04.2019

Detailed evaluation

Dittmann, Jens

Club: Rot Weiß Scherbda

Number: 209

Course: 21.10 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:41:18

Speed: 12.44 km/h

Running performance: 4:48 min/km

Rank in course/Total: 9 (of 72)

Rank in course/Men: 9 (of 52)

Best time in course: 1:30:37

Rank in category: 3(of 8)

Best time in the category: 1:38:33

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	59:06	5:03	3	4:04	11	7:57	11.70	59:06	5:03	3	4:04	11	7:57
Uferstraße in Tre	9.40	42:12	4:29	1	-	6	2:44	21.10	1:41:18	4:48	3	2:45	9	10:41