



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

Treffurt / 07.04.2019

Detailed evaluation

Flock, Peter

Club: XXL

Number: 112

Course: 42.20 km

Marathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 3:38:41

Speed: 11.52 km/h

Running performance: 5:11 min/km

Rank in course/Total: 20 (of 75)

Rank in course/Men: 18 (of 67)

Best time in course: 2:59:48

Rank in category: 5(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	58:02	4:52	6	5:10	20	10:02	11.90	58:02	4:52	6	5:10	20	10:02
Buchenau	11.70	56:58	4:52	4	1:26	16	9:22	23.60	1:55:00	4:52	5	4:39	17	18:45
Frankenroda	9.40	49:05	5:13	5	3:02	17	9:50	33.00	2:44:05	4:58	5	7:41	18	28:35
Uferstraße in Tre	9.20	54:36	5:56	6	7:36	26	13:42	42.20	3:38:41	5:10	5	14:28	18	38:53