



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

Treffurt / 07.04.2019

Detailed evaluation

Lienert, Uwe

Club: SV Emleben-Petriroda

Number: 129

Course: 42.20 km

Marathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 3:40:37

Speed: 11.42 km/h

Running performance: 5:14 min/km

Rank in course/Total: 21 (of 75)

Rank in course/Men: 19 (of 67)

Best time in course: 2:59:48

Rank in category: 2(of 16)

Best time in the category: 3:29:29

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	58:13	4:53	2	1:39	21	10:13	11.90	58:13	4:53	2	1:39	21	10:13
Buchenau	11.70	58:53	5:01	2	2:09	20	11:17	23.60	1:57:06	4:57	2	3:48	19	20:51
Frankenroda	9.40	51:36	5:29	2	2:55	24	12:21	33.00	2:48:42	5:06	2	6:43	19	33:12
Uferstraße in Tre	9.20	51:55	5:38	2	4:25	21	11:01	42.20	3:40:37	5:13	2	11:08	19	40:49