



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

Treffurt / 07.04.2019

## Detailed evaluation

**Wüster, Nils**

Club: Erfurt  
Number: 157

Course: 42.20 km  
Marathon

Category:  
Senioren M45 (45-49 Jahre)

Total time: 3:45:05

Speed: 11.20 km/h  
Running performance: 5:20 min/km

Rank in course/Total: 23 (of 75)

Rank in course/Men: 21 (of 67)

Best time in course: 2:59:48

Rank in category: 6(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	1:02:49	5:16	8	9:57	30	14:49	11.90	1:02:49	5:16	8	9:57	30	14:49
Buchenau	11.70	1:00:57	5:12	6	5:25	21	13:21	23.60	2:03:46	5:14	8	13:25	28	27:31
Frankenroda	9.40	50:47	5:24	6	4:44	21	11:32	33.00	2:54:33	5:17	8	18:09	27	39:03
Uferstraße in Tre	9.20	50:32	5:29	5	3:32	18	9:38	42.20	3:45:05	5:20	6	20:52	21	45:17