



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

Treffurt / 07.04.2019

Detailed evaluation

Ernst, Beate

Club: Lauffeuer Fröttstädt

Number: 110

Course: 42.20 km

Marathon

Category:

Seniorinnen W55 (55-59 Jahre)

Total time: 3:45:15

Speed: 11.19 km/h

Running performance: 5:20 min/km

Rank in course/Total: 24 (of 75)

Rank in course/Women: 3 (of 8)

Best time in course: 3:28:42

Rank in category: 2(of 4)

Best time in the category: 3:28:42

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Ifta	11.90	1:01:00	5:07	2	0:58	3	4:20	11.90	1:01:00	5:07	2	0:58	3	4:20
Buchenau	11.70	1:02:12	5:18	2	4:20	3	5:33	23.60	2:03:12	5:13	2	5:18	3	9:53
Frankenroda	9.40	50:32	5:22	2	4:06	3	4:06	33.00	2:53:44	5:15	2	9:24	3	11:43
Uferstraße in Tre	9.20	51:31	5:35	2	7:09	3	7:09	42.20	3:45:15	5:20	2	16:33	3	16:33