



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

Treffurt / 07.04.2019

Detailed evaluation

Hellrung, Heiko

Club: Bad Sooden-Allendorf

Number: 117

Course: 42.20 km

Marathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 3:45:35

Speed: 11.17 km/h

Running performance: 5:21 min/km

Rank in course/Total: 25 (of 75)

Rank in course/Men: 22 (of 67)

Best time in course: 2:59:48

Rank in category: 4(of 15)

Best time in the category: 3:18:26

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 | 1:02:31 | 5:15 | 6 | 5:22 | 29 | 14:31 | 11.90 | 1:02:31 | 5:15 | 6 | 5:22 | 29 | 14:31 |
| Buchenau | 11.70 | 1:01:58 | 5:17 | 4 | 6:54 | 26 | 14:22 | 23.60 | 2:04:29 | 5:16 | 5 | 11:41 | 29 | 28:14 |
| Frankenroda | 9.40 | 51:55 | 5:31 | 4 | 9:26 | 26 | 12:40 | 33.00 | 2:56:24 | 5:20 | 4 | 21:07 | 28 | 40:54 |
| Uferstraße in Tre | 9.20 | 49:11 | 5:20 | 3 | 6:02 | 16 | 8:17 | 42.20 | 3:45:35 | 5:20 | 4 | 27:09 | 22 | 45:47 |