



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