



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

Treffurt / 07.04.2019

Detailed evaluation

Luhn, Thoralf

Club: TEAG Thüringer Energie

Number: 130

Course: 42.20 km

Marathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 3:46:59

Speed: 11.10 km/h

Running performance: 5:23 min/km

Rank in course/Total: 26 (of 75)

Rank in course/Men: 23 (of 67)

Best time in course: 2:59:48

Rank in category: 7(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	57:51	4:51	4	4:59	16	9:51	11.90	57:51	4:51	4	4:59	16	9:51
Buchenau	11.70	1:03:17	5:24	9	7:45	32	15:41	23.60	2:01:08	5:07	6	10:47	21	24:53
Frankenroda	9.40	51:09	5:26	7	5:06	22	11:54	33.00	2:52:17	5:13	6	15:53	21	36:47
Uferstraße in Tre	9.20	54:42	5:56	7	7:42	27	13:48	42.20	3:46:59	5:22	7	22:46	23	47:11