



2. Werratalmarathon

Treffurt / 18.07.2021

Detailed evaluation

Rühling, Markus

Club: TV Hessisch Lichtenau

Number: 458

Course: 42.20 km

Marathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 4:09:18

Speed: 10.11 km/h

Running performance: 5:55 min/km

Rank in course/Total: 32 (of 73)

Rank in course/Men: 28 (of 66)

Best time in course: 2:46:25

Rank in category: 7(of 16)

Best time in the category: 3:20:00

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	11.70	1:11:11	6:05	10	15:48	38	25:59	11.70	1:11:11	6:05	10	15:48	38	25:59
Buchenau	11.80	1:09:33	5:53	8	15:36	42	24:25	23.50	2:20:44	5:59	10	31:24	40	50:24
Frankenroda	9.40	54:43	5:49	4	10:23	21	35:19	32.90	3:15:27	5:56	7	41:47	33	1:07:04
Uferstraße in Tre	9.30	53:51	5:47	4	7:31	20	15:49	42.20	4:09:18	5:54	7	49:18	28	1:22:53