



2. Werratalmarathon

Treffurt / 18.07.2021

Detailed evaluation

Malzahn, Helger

Club: SSV Erfurt 02 e.V.

Number: 438

Course: 42.20 km

Marathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 3:32:15

Speed: 11.87 km/h

Running performance: 5:02 min/km

Rank in course/Total: 11 (of 73)

Rank in course/Men: 10 (of 66)

Best time in course: 2:46:25

Rank in category: 4(of 9)

Best time in the category: 2:46:25

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Ifta	11.70	1:01:28	5:15	5	16:16	15	16:16	11.70	1:01:28	5:15	5	16:16	15	16:16
Buchenau	11.80	58:08	4:55	5	13:00	14	13:00	23.50	1:59:36	5:05	5	29:16	16	29:16
Frankenroda	9.40	46:47	4:58	4	8:44	10	27:23	32.90	2:46:23	5:03	5	38:00	14	38:00
Uferstraße in Tre	9.30	45:52	4:55	4	7:50	6	7:50	42.20	3:32:15	5:01	4	45:50	10	45:50