



26. Hainichlauf und 3. Werratalmarathon

Mihla / 01.05.2022

Detailed evaluation

Wüster, Nils

Club: Erfurt
Number: 544

Course: 42.20 km
Marathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 3:52:38

Speed: 10.88 km/h
Running performance: 5:31 min/km

Rank in course/Total: 13 (of 39)

Rank in course/Men: 13 (of 36)

Best time in course: 3:02:33

Rank in category: 3(of 5)

Best time in the category: 3:36:05

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
Falken	11.60	58:26	5:02	4	2:56	16	12:25	11.60	58:26	5:02	4	2:56	16	12:25
Volteroda	12.30	1:07:16	5:28	3	4:37	11	14:18	23.90	2:05:42	5:15	4	7:33	14	26:43
Creuzburg	9.10	49:41	5:27	4	3:53	11	10:29	33.00	2:55:23	5:18	4	10:28	14	37:08
Mihla	9.20	57:15	6:13	3	8:21	12	12:57	42.20	3:52:38	5:30	3	16:33	13	50:05