



26. Hainichlauf und 3. Werratalmarathon

Mihla / 01.05.2022

Detailed evaluation

Nautscher-Timmermann, Dr. Stephan Total time: 3:58:34

Club: Mühlhausen - www.Nationalpark-Hainich.de
Number: 526

Speed: 10.61 km/h

Running performance: 5:39 min/km

Course: 42.20 km
Marathon

Rank in course/Total: 15 (of 39)

Rank in course/Men: 15 (of 36)

Best time in course: 3:02:33

Category:

Rank in category: 4(of 5)

Senioren M45 (45-49 Jahre)

Best time in the category: 3:36:05

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Behind	Total		Pos	Behind	Pos		Behind
	km	Time			min/km	Cat.		Cat.	Men			Men	km	
Falken	11.60	57:16	4:56	2	1:46	8	11:15	11.60	57:16	4:56	2	1:46	8	11:15
Volteroda	12.30	1:07:41	5:30	4	5:02	16	14:43	23.90	2:04:57	5:13	3	6:48	10	25:58
Creuzburg	9.10	49:21	5:25	3	3:33	10	10:09	33.00	2:54:18	5:16	3	9:23	10	36:03
Mihla	9.20	1:04:16	6:59	4	15:22	19	19:58	42.20	3:58:34	5:39	4	22:29	15	56:01