



# 26. Hainichlauf und 3. Werratalmarathon

Mihla / 01.05.2022

## Detailed evaluation

**Hellrung, Heiko**

Club: Bad Sooden-Allendorf

Number: 518

Course: 42.20 km

Marathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 4:06:28

Speed: 10.22 km/h

Running performance: 5:50 min/km

Rank in course/Total: 18 (of 39)

Rank in course/Men: 17 (of 36)

Best time in course: 3:02:33

Rank in category: 3(of 6)

Best time in the category: 3:02:33

### Intermediate times

### Stage score

### Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Falken	11.60	1:00:11	5:11	4	14:10	19	14:10	11.60	1:00:11	5:11	4	14:10	19	14:10
Volteroda	12.30	1:13:49	6:00	4	20:47	21	20:51	23.90	2:14:00	5:36	4	34:57	20	35:01
Creuzburg	9.10	54:05	5:56	2	14:53	16	14:53	33.00	3:08:05	5:41	3	49:50	18	49:50
Mihla	9.20	58:23	6:20	2	14:05	14	14:05	42.20	4:06:28	5:50	3	1:03:55	17	1:03:55