



# 26. Hainichlauf und 3. Werratalmarathon

Mihla / 01.05.2022

## Detailed evaluation

**Dawo, Markus**

Club: Team Erdinger Alkoholfrei

Number: 508

Course: 42.20 km

Marathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 4:11:23

Speed: 10.07 km/h

Running performance: 5:58 min/km

Rank in course/Total: 21 (of 39)

Rank in course/Men: 19 (of 36)

Best time in course: 3:02:33

Rank in category: 2(of 5)

Best time in the category: 3:56:03

### 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	1:00:58	5:15	3	3:40	20	14:57	11.60	1:00:58	5:15	3	3:40	20	14:57
Volteroda	12.30	1:06:54	5:26	2	1:42	9	13:56	23.90	2:07:52	5:21	2	5:22	17	28:53
Creuzburg	9.10	55:49	6:08	2	4:40	19	16:37	33.00	3:03:41	5:33	2	10:02	15	45:26
Mihla	9.20	1:07:42	7:21	3	5:18	22	23:24	42.20	4:11:23	5:57	2	15:20	19	1:08:50