



26. Hainichlauf und 3. Werratalmarathon

Mihla / 01.05.2022

Detailed evaluation

Rückert, Jens

Club: Arnstadt

Number: 532

Course: 42.20 km

Marathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 4:11:27

Speed: 10.07 km/h

Running performance: 5:58 min/km

Rank in course/Total: 22 (of 39)

Rank in course/Men: 20 (of 36)

Best time in course: 3:02:33

Rank in category: 4(of 6)

Best time in the category: 3:02:33

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	59:32	5:07	3	13:31	18	13:31	11.60	59:32	5:07	3	13:31	18	13:31
Volteroda	12.30	1:08:54	5:36	3	15:52	17	15:56	23.90	2:08:26	5:22	3	29:23	18	29:27
Creuzburg	9.10	56:50	6:14	3	17:38	20	17:38	33.00	3:05:16	5:36	2	47:01	16	47:01
Mihla	9.20	1:06:11	7:11	3	21:53	20	21:53	42.20	4:11:27	5:57	4	1:08:54	20	1:08:54