



26. Hainichlauf und 3. Werratalmarathon

Mihla / 01.05.2022

Detailed evaluation

Stegmann, Thomas

Club: Laufftreff Altensteiner Park

Number: 539

Course: 42.20 km

Marathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 4:16:00

Speed: 9.84 km/h

Running performance: 6:04 min/km

Rank in course/Total: 23 (of 39)

Rank in course/Men: 21 (of 36)

Best time in course: 3:02:33

Rank in category: 4(of 6)

Best time in the category: 3:25:09

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	1:03:20	5:27	4	12:43	25	17:19	11.60	1:03:20	5:27	4	12:43	25	17:19
Volteroda	12.30	1:14:02	6:01	4	14:23	22	21:04	23.90	2:17:22	5:44	4	27:06	23	38:23
Creuzburg	9.10	55:25	6:05	4	10:56	18	16:13	33.00	3:12:47	5:50	4	38:02	20	54:32
Mihla	9.20	1:03:13	6:52	4	12:49	17	18:55	42.20	4:16:00	6:03	4	50:51	21	1:13:27