



26. Hainichlauf und 3. Werratalmarathon

Mihla / 01.05.2022

Detailed evaluation

Stegmann, Anja

Club: Lauftreff Altensteiner Park

Number: 538

Course: 42.20 km

Marathon

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 4:16:01

Speed: 9.89 km/h

Running performance: 6:04 min/km

Rank in course/Total: 24 (of 39)

Rank in course/Women: 3 (of 3)

Best time in course: 3:58:35

Rank in category: 1(of 1)

Best time in the category: 4:16:01

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Falken	11.60	1:03:20	5:27	1	-	3	6:09	11.60	1:03:20	5:27	1	-	3	6:09
Volteroda	12.30	1:14:02	6:01	1	-	3	6:14	23.90	2:17:22	5:44	1	-	3	12:23
Creuzburg	9.10	55:25	6:05	1	-	2	2:33	33.00	3:12:47	5:50	1	-	3	14:56
Mihla	9.20	1:03:14	6:52	1	-	3	2:41	42.20	4:16:01	6:04	1	-	3	17:26