



26. Hainichlauf und 3. Werratalmarathon

Mihla / 01.05.2022

Detailed evaluation

Hildebrandt, Guido

Club: SSV FSG Eisenberg

Number: 519

Course: 42.20 km

Marathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 4:29:30

Speed: 9.35 km/h

Running performance: 6:23 min/km

Rank in course/Total: 26 (of 39)

Rank in course/Men: 23 (of 36)

Best time in course: 3:02:33

Rank in category: 3(of 5)

Best time in the category: 3:56:03

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	1:07:07	5:47	4	9:49	28	21:06	11.60	1:07:07	5:47	4	9:49	28	21:06
Volteroda	12.30	1:15:12	6:06	3	10:00	23	22:14	23.90	2:22:19	5:57	4	19:49	27	43:20
Creuzburg	9.10	59:39	6:33	3	8:30	22	20:27	33.00	3:21:58	6:07	4	28:19	24	1:03:43
Mihla	9.20	1:07:32	7:20	2	5:08	21	23:14	42.20	4:29:30	6:23	3	33:27	23	1:26:57