



26. Hainichlauf und 3. Werratalmarathon

Mihla / 01.05.2022

Detailed evaluation

Dittmar, Michael

Club: Rhöner WSV e.V.

Number: 509

Course: 42.20 km

Marathon

Category:

Senioren M35 (35-39 Jahre)

Total time: 4:30:05

Speed: 9.33 km/h

Running performance: 6:24 min/km

Rank in course/Total: 28 (of 39)

Rank in course/Men: 25 (of 36)

Best time in course: 3:02:33

Rank in category: 3(of 4)

Best time in the category: 3:21:54

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	56:34	4:52	2	6:13	7	10:33	11.60	56:34	4:52	2	6:13	7	10:33
Volteroda	12.30	1:11:17	5:47	2	13:00	18	18:19	23.90	2:07:51	5:20	2	19:13	16	28:52
Creuzburg	9.10	1:07:45	7:26	4	24:24	32	28:33	33.00	3:15:36	5:55	3	43:37	21	57:21
Mihla	9.20	1:14:29	8:05	4	24:34	30	30:11	42.20	4:30:05	6:24	3	1:08:11	25	1:27:32