



26. Hainichlauf und 3. Werratalmarathon

Mihla / 01.05.2022

Detailed evaluation

Ostmann, Heiko

Club: LT Nauen-Falkensee

Number: 527

Course: 42.20 km

Marathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 4:37:54

Speed: 9.07 km/h

Running performance: 6:35 min/km

Rank in course/Total: 29 (of 39)

Rank in course/Men: 26 (of 36)

Best time in course: 3:02:33

Rank in category: 5(of 6)

Best time in the category: 3:25:09

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Falken	11.60	1:03:21	5:27	5	12:44	26	17:20	11.60	1:03:21	5:27	5	12:44	26	17:20
Volteroda	12.30	1:18:27	6:22	5	18:48	25	25:29	23.90	2:21:48	5:55	5	31:32	25	42:49
Creuzburg	9.10	1:02:42	6:53	5	18:13	23	23:30	33.00	3:24:30	6:11	5	49:45	25	1:06:15
Mihla	9.20	1:13:24	7:58	5	23:00	29	29:06	42.20	4:37:54	6:35	5	1:12:45	26	1:35:21