



26. Hainichlauf und 3. Werratalmarathon

Mihla / 01.05.2022

Detailed evaluation

Braun, Michel

Club: TEAG Thüringer Energie AG
Number: 505

Course: 42.20 km
Marathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 5:02:38

Speed: 8.33 km/h
Running performance: 7:10 min/km

Rank in course/Total: 35 (of 39)

Rank in course/Men: 32 (of 36)

Best time in course: 3:02:33

Rank in category: 5(of 5)

Best time in the category: 3:36:05

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	1:09:14	5:58	5	13:44	30	23:13	11.60	1:09:14	5:58	5	13:44	30	23:13
Volteroda	12.30	1:23:37	6:47	5	20:58	30	30:39	23.90	2:32:51	6:23	5	34:42	29	53:52
Creuzburg	9.10	1:06:38	7:19	5	20:50	31	27:26	33.00	3:39:29	6:39	5	54:34	30	1:21:14
Mihla	9.20	1:23:09	9:02	5	34:15	31	38:51	42.20	5:02:38	7:10	5	1:26:33	32	2:00:05