



26. Hainichlauf und 3. Werratalmarathon

Mihla / 01.05.2022

Detailed evaluation

Resnjanskij, Denis

Club: TEAG Thüringer Energie AG

Number: 530

Course: 42.20 km

Marathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 5:02:44

Speed: 8.36 km/h

Running performance: 7:10 min/km

Rank in course/Total: 36 (of 39)

Rank in course/Men: 33 (of 36)

Best time in course: 3:02:33

Rank in category: 5(of 5)

Best time in the category: 3:56:03

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Falken	11.60	1:09:15	5:58	5	11:57	31	23:14	11.60	1:09:15	5:58	5	11:57	31	23:14
Volteroda	12.30	1:23:36	6:47	5	18:24	29	30:38	23.90	2:32:51	6:23	5	30:21	29	53:52
Creuzburg	9.10	1:06:37	7:19	5	15:28	30	27:25	33.00	3:39:28	6:39	5	45:49	29	1:21:13
Mihla	9.20	1:23:16	9:03	5	20:52	32	38:58	42.20	5:02:44	7:10	5	1:06:41	33	2:00:11