



# 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: 8.32 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 |