



26. Hainichlauf und 3. Werratalmarathon

Mihla / 01.05.2022

Detailed evaluation

Thomas, Dirk

Club: Eisenach

Number: 541

Course: 42.20 km

Marathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 3:25:09

Speed: 12.34 km/h

Running performance: 4:52 min/km

Rank in course/Total: 4 (of 39)

Rank in course/Men: 4 (of 36)

Best time in course: 3:02:33

Rank in category: 1(of 6)

Best time in the category: 3:25:09

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 | 50:37 | 4:21 | 1 | - | 4 | 4:36 | 11.60 | 50:37 | 4:21 | 1 | - | 4 | 4:36 |
| Volteroda | 12.30 | 59:39 | 4:50 | 1 | - | 4 | 6:41 | 23.90 | 1:50:16 | 4:36 | 1 | - | 4 | 11:17 |
| Creuzburg | 9.10 | 44:29 | 4:53 | 1 | - | 4 | 5:17 | 33.00 | 2:34:45 | 4:41 | 1 | - | 4 | 16:30 |
| Mihla | 9.20 | 50:24 | 5:28 | 1 | - | 6 | 6:06 | 42.20 | 3:25:09 | 4:51 | 1 | - | 4 | 22:36 |