



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: 12.28 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	Intermediate times				Stage score				Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind 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