



26. Hainichlauf und 3. Werratalmarathon

Mihla / 01.05.2022

Detailed evaluation

Rink, Andreas

Club: Mühlhausen

Number: 531

Course: 42.20 km

Marathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 3:38:11

Speed: 11.60 km/h

Running performance: 5:10 min/km

Rank in course/Total: 7 (of 39)

Rank in course/Men: 7 (of 36)

Best time in course: 3:02:33

Rank in category: 2(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	57:20	4:56	3	1:50	10	11:19	11.60	57:20	4:56	3	1:50	10	11:19
Volteroda	12.30	1:06:09	5:22	2	3:30	8	13:11	23.90	2:03:29	5:10	2	5:20	8	24:30
Creuzburg	9.10	45:48	5:01	1	-	5	6:36	33.00	2:49:17	5:07	2	4:22	7	31:02
Mihla	9.20	48:54	5:18	1	-	4	4:36	42.20	3:38:11	5:10	2	2:06	7	35:38