



12. Inselsberg Marathon

Bad Tabarz / 02.07.2023

Detailed evaluation

Heiko Roßmeißl

Club: Ksv Baunatal

Number: 28

Course: 36.60 km

2 Runden

Category:

C - Herren Masters

Total time: 2:45:33

Speed: 13.05 km/h

Running performance: 4:31 min/km

Rank in course/Total: 11 (of 26)

Rank in course/Men: 11 (of 25)

Best time in course: 2:09:02

Rank in category: 3(of 10)

Best time in the category: 2:28:00

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
Runde	18.30	1:19:59	4:22	5	14:33	13	16:47	18.30	1:19:59	4:22	5	14:33	13	16:47
Pumptrack	18.30	1:25:34	4:40	5	1:25:34	13	1:25:34	36.60	2:45:33	4:31	3	17:33	11	36:31