



# 12. Inselsberg Marathon

Bad Tabarz / 02.07.2023

## Detailed evaluation

**Andreas Lorke**

Club: Team Gute Laune Sport

Number: 40

Course: 36.60 km

2 Runden

Category:

C - Herren Masters 2-4

Total time: 2:20:54

Speed: 15.59 km/h

Running performance: 3:50 min/km

Rank in course/Total: 5 (of 26)

Rank in course/Men: 5 (of 25)

Best time in course: 2:09:02

Rank in category: 4(of 12)

Best time in the category: 2:10:31

### 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 | 1:08:37 | 3:44   | 4    | 3:54   | 6   | 5:25    | 18.30 | 1:08:37 | 3:44   | 4    | 3:54   | 6   | 5:25   |
| Pumptrack | 18.30 | 1:12:17 | 3:56   | 4    | 6:44   | 7   | 1:12:17 | 36.60 | 2:20:54 | 3:50   | 4    | 10:23  | 5   | 11:52  |