



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: 15.33 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