



12. Inselsberg Marathon

Bad Tabarz / 02.07.2023

Detailed evaluation

Nico Bernhard

Club: Wartburgtrails eV

Number: 31

Course: 36.60 km

2 Runden

Category:

C - Herren Masters 2-4

Total time: 3:12:52

Speed: 11.20 km/h

Running performance: 5:16 min/km

Rank in course/Total: 22 (of 26)

Rank in course/Men: 22 (of 25)

Best time in course: 2:09:02

Rank in category: 11(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	1:28:04	4:48	9	23:21	19	24:52	18.30	1:28:04	4:48	9	23:21	19	24:52
Pumptrack	18.30	1:44:48	5:43	11	39:15	24	1:44:48	36.60	3:12:52	5:16	11	1:02:21	22	1:03:50