



12. Inselsberg Marathon

Bad Tabarz / 02.07.2023

Detailed evaluation

Dennis Willing

Club: 1.SSV Saalfeld 92' e.V.

Number: 13

Course: 54.90 km

3 Runden

Category:

B - Herren Masters 2-4

Total time: 3:24:31

Speed: 16.11 km/h

Running performance: 3:43 min/km

Rank in course/Total: 3 (of 15)

Rank in course/Men: 3 (of 14)

Best time in course: 3:14:53

Rank in category: 1(of 8)

Best time in the category: 3:24:31

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.
Runde	18.30	1:05:00	3:33	1	-	4	0:54	18.30	1:05:00	3:33	1	-	4	0:54
Control	18.30	1:07:06	3:39	1	-	4	3:31	36.60	2:12:06	3:36	1	-	4	2:00
Pumptrack	18.30	1:12:25	3:57	2	1:12:25	6	1:12:25	54.90	3:24:31	3:43	1	-	3	9:38