



12. Inselsberg Marathon

Bad Tabarz / 02.07.2023

Detailed evaluation

Alexander Bächer

Club: RVC Trieb

Number: 56

Course: 54.90 km

3 Runden

Category:

B - Herren Masters 2-4

Total time: 3:56:40

Speed: 13.92 km/h

Running performance: 4:18 min/km

Rank in course/Total: 4 (of 15)

Rank in course/Men: 4 (of 14)

Best time in course: 3:14:53

Rank in category: 2(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.	Cat.	Men	Men
Runde	18.30	1:14:53	4:05	3	9:53	7	10:47	18.30	1:14:53	4:05	3	9:53	7	10:47
Control	18.30	1:19:12	4:19	2	12:06	6	15:37	36.60	2:34:05	4:12	2	21:59	6	23:59
Pumptrack	18.30	1:22:35	4:30	4	1:22:35	8	1:22:35	54.90	3:56:40	4:18	2	32:09	4	41:47