



12. Inselsberg Marathon

Bad Tabarz / 02.07.2023

Detailed evaluation

Knut Borchardt

Club: Vereinslos

Number: 7

Course: 54.90 km

3 Runden

Category:

B - Herren Masters 2-4

Total time: 4:01:40

Speed: 13.63 km/h

Running performance: 4:24 min/km

Rank in course/Total: 5 (of 15)

Rank in course/Men: 5 (of 14)

Best time in course: 3:14:53

Rank in category: 3(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	1:16:04	4:09	4	11:04	8	11:58	18.30	1:16:04	4:09	4	11:04	8	11:58
Control	18.30	1:23:05	4:32	4	15:59	8	19:30	36.60	2:39:09	4:20	3	27:03	7	29:03
Pumptrack	18.30	1:22:31	4:30	3	1:22:31	7	1:22:31	54.90	4:01:40	4:24	3	37:09	5	46:47