



12. Inselsberg Marathon

Bad Tabarz / 02.07.2023

Detailed evaluation

Stefan Gollhardt

Club: Team Fritsche

Number: 38

Course: 54.90 km

3 Runden

Category:

B - Herren Masters 2-4

Total time: 4:04:43

Speed: 13.46 km/h

Running performance: 4:27 min/km

Rank in course/Total: 6 (of 15)

Rank in course/Men: 6 (of 14)

Best time in course: 3:14:53

Rank in category: 4(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	1:20:54	4:25	6	15:54	10	16:48	18.30	1:20:54	4:25	6	15:54	10	16:48
Control	18.30	1:21:03	4:25	3	13:57	7	17:28	36.60	2:41:57	4:25	4	29:51	8	31:51
Pumptrack	18.30	1:22:46	4:31	5	1:22:46	9	1:22:46	54.90	4:04:43	4:27	4	40:12	6	49:50