



12. Inselsberg Marathon

Bad Tabarz / 02.07.2023

Detailed evaluation

Jens Dames

Number: 61

Course: 54.90 km

3 Runden

Category:

B - Herren Masters 2-4

Total time: 4:54:42

Speed: 11.18 km/h

Running performance: 5:22 min/km

Rank in course/Total: 10 (of 15)

Rank in course/Men: 9 (of 14)

Best time in course: 3:14:53

Rank in category: 6(of 8)

Best time in the category: 3:24:31

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	18.30	1:21:21	4:26	7	16:21	11	17:15	18.30	1:21:21	4:26	7	16:21	11	17:15
Control	18.30	1:31:08	4:58	6	24:02	11	27:33	36.60	2:52:29	4:42	6	40:23	10	42:23
Pumptrack	18.30	2:02:13	6:40	7	2:02:13	12	2:02:13	54.90	4:54:42	5:22	6	1:30:11	9	1:39:49