



12. Inselsberg Marathon

Bad Tabarz / 02.07.2023

Detailed evaluation

Björn Wirsching

Club: SWV Goldlauter Heidersbach

Number: 14

Course: 54.90 km

3 Runden

Category:

B - Herren U23

Total time: 3:21:03

Speed: 16.12 km/h

Running performance: 3:39 min/km

Rank in course/Total: 2 (of 15)

Rank in course/Men: 2 (of 14)

Best time in course: 3:14:53

Rank in category: 1(of 1)

Best time in the category: 3:21:03

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	1:04:56	3:32	1	-	3	0:50	18.30	1:04:56	3:32	1	-	3	0:50
Control	18.30	1:06:32	3:38	1	-	3	2:57	36.60	2:11:28	3:35	1	-	3	1:22
Pumptrack	18.30	1:09:35	3:48	1	-	5	1:09:35	54.90	3:21:03	3:39	1	-	2	6:10