



12. Inselsberg Marathon

Bad Tabarz / 02.07.2023

Detailed evaluation

Paul Döring

Club: Muskelkater

Number: 9

Course: 54.90 km

3 Runden

Category:

B - männliche Jugend U17

Total time: 4:23:26

Speed: 12.30 km/h

Running performance: 4:47 min/km

Rank in course/Total: 7 (of 15)

Rank in course/Men: 7 (of 14)

Best time in course: 3:14:53

Rank in category: 1(of 1)

Best time in the category: 4:23:26

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
Runde	18.30	1:28:06	4:48	1	-	13	24:00	18.30	1:28:06	4:48	1	-	13	24:00
Control	18.30	1:28:41	4:50	1	-	10	25:06	36.60	2:56:47	4:49	1	-	12	46:41
Pumptrack	18.30	1:26:39	4:44	1	-	10	1:26:39	54.90	4:23:26	4:47	1	-	7	1:08:33