



4.Werratalmarathon, Halbmarathon, Staffel

Treffurt / 02.04.2023

Detailed evaluation

Der 1. Versuch

Total time: 3:47:29

Number: 47

Speed: 11.08 km/h

Running performance: 5:23 min/km

Course: 42.20 km

Staffel

Rank in course: 8 (of 13)

Best time in course: 3:21:10

Category:

Rank in category: 3(of 6)

Mixstaffel

Best time in the category: 3:21:10

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.	Total	Total	km	Time	min/km	Cat.	Cat.	Total	Total
Ifta	11.70	1:03:01	5:23	4	7:34	7	7:48	11.70	1:03:01	5:23	4	7:34	7	7:48
Buchenau	11.80	1:00:34	5:07	3	8:52	7	8:52	23.50	2:03:35	5:15	4	16:26	7	16:26
Frankenroda	9.40	49:47	5:17	2	5:52	5	5:52	32.90	2:53:22	5:16	2	22:18	5	22:18
Treffurt	9.30	54:07	5:49	6	7:07	12	8:54	42.20	3:47:29	5:23	3	26:19	8	26:19