



4.Werratalmarathon, Halbmarathon, Staffel

Treffurt / 02.04.2023

Detailed evaluation

Seist, Wolfram

Club: Dresden

Number: 651

Course: 42.20 km

Marathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 4:37:39

Speed: 9.08 km/h

Running performance: 6:35 min/km

Rank in course/Total: 44 (of 63)

Rank in course/Men: 36 (of 52)

Best time in course: 3:03:52

Rank in category: 6(of 8)

Best time in the category: 3:39:37

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ifta	11.70	1:07:48	5:47	3	4:33	22	16:21	11.70	1:07:48	5:47	3	4:33	22	16:21
Buchenau	11.80	1:12:09	6:06	6	11:38	35	21:43	23.50	2:19:57	5:57	6	16:11	33	38:04
Frankenroda	9.40	1:08:53	7:19	6	21:42	38	28:10	32.90	3:28:50	6:20	6	37:10	35	1:06:14
Treffurt	9.30	1:08:49	7:23	6	24:10	39	27:33	42.20	4:37:39	6:34	6	58:02	36	1:33:47