



4.Werratalmarathon, Halbmarathon, Staffel

Treffurt / 02.04.2023

Detailed evaluation

Wachsmann, Katrin

Club: LSF Münster

Number: 656

Course: 42.20 km

Marathon

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 4:39:00

Speed: 9.03 km/h

Running performance: 6:37 min/km

Rank in course/Total: 45 (of 63)

Rank in course/Women: 9 (of 11)

Best time in course: 3:18:09

Rank in category: 2(of 2)

Best time in the category: 4:04:42

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Ifta	11.70	1:16:28	6:32	2	6:47	10	20:37	11.70	1:16:28	6:32	2	6:47	10	20:37
Buchenau	11.80	1:16:38	6:29	2	8:27	10	22:34	23.50	2:33:06	6:30	2	15:14	10	42:55
Frankenroda	9.40	1:04:52	6:54	2	10:28	9	19:59	32.90	3:37:58	6:37	2	25:42	10	1:02:06
Treffurt	9.30	1:01:02	6:33	2	8:36	9	19:04	42.20	4:39:00	6:36	2	34:18	9	1:20:51