



4.Werratalmarathon, Halbmarathon, Staffel

Treffurt / 02.04.2023

Detailed evaluation

Graichen, Thomas

Club: Posaunenchor Treffurt

Number: 617

Course: 42.20 km

Marathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 4:39:58

Speed: 9.00 km/h

Running performance: 6:38 min/km

Rank in course/Total: 46 (of 63)

Rank in course/Men: 37 (of 52)

Best time in course: 3:03:52

Rank in category: 3(of 7)

Best time in the category: 3:57:00

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	1:12:20	6:10	3	10:36	37	20:53	11.70	1:12:20	6:10	3	10:36	37	20:53
Buchenau	11.80	1:16:22	6:28	3	16:26	39	25:56	23.50	2:28:42	6:19	3	27:02	39	46:49
Frankenroda	9.40	1:06:39	7:05	3	12:13	37	25:56	32.90	3:35:21	6:32	3	39:15	37	1:12:45
Treffurt	9.30	1:04:37	6:56	3	8:41	35	23:21	42.20	4:39:58	6:38	3	42:58	37	1:36:06