



4.Werratalmarathon, Halbmarathon, Staffel

Treffurt / 02.04.2023

Detailed evaluation

Dietz, Ralph

Club: DUV

Number: 661

Course: 42.20 km

Marathon

Category:

Senioren M60 (60-64 Jahre)

Total time: 4:58:21

Speed: 8.45 km/h

Running performance: 7:04 min/km

Rank in course/Total: 50 (of 63)

Rank in course/Men: 40 (of 52)

Best time in course: 3:03:52

Rank in category: 6(of 6)

Best time in the category: 3:54:14

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	1:17:54	6:39	6	13:36	46	26:27	11.70	1:17:54	6:39	6	13:36	46	26:27
Buchenau	11.80	1:19:56	6:46	6	15:47	44	29:30	23.50	2:37:50	6:42	6	29:13	44	55:57
Frankenroda	9.40	1:09:10	7:21	6	17:27	39	28:27	32.90	3:47:00	6:53	6	46:40	39	1:24:24
Treffurt	9.30	1:11:21	7:40	6	19:45	41	30:05	42.20	4:58:21	7:04	6	1:04:07	40	1:54:29