



4.Werratalmarathon, Halbmarathon, Staffel

Treffurt / 02.04.2023

Detailed evaluation

Drews, Heiko

Club: Wardon

Number: 609

Course: 42.20 km

Marathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 4:59:09

Speed: 8.46 km/h

Running performance: 7:05 min/km

Rank in course/Total: 51 (of 63)

Rank in course/Men: 41 (of 52)

Best time in course: 3:03:52

Rank in category: 7(of 10)

Best time in the category: 3:35:00

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. | Men | Men | km | Time | min/km | Cat. | Cat. | Men | Men |
| Ifta | 11.70 | 1:12:37 | 6:12 | 7 | 14:08 | 38 | 21:10 | 11.70 | 1:12:37 | 6:12 | 7 | 14:08 | 38 | 21:10 |
| Buchenau | 11.80 | 1:18:41 | 6:40 | 8 | 21:43 | 41 | 28:15 | 23.50 | 2:31:18 | 6:26 | 7 | 35:51 | 40 | 49:25 |
| Frankenroda | 9.40 | 1:19:49 | 8:29 | 9 | 31:27 | 45 | 39:06 | 32.90 | 3:51:07 | 7:01 | 9 | 1:05:52 | 43 | 1:28:31 |
| Treffurt | 9.30 | 1:08:02 | 7:18 | 7 | 19:51 | 38 | 26:46 | 42.20 | 4:59:09 | 7:05 | 7 | 1:24:09 | 41 | 1:55:17 |