



4.Werratalmarathon, Halbmarathon, Staffel

Treffurt / 02.04.2023

Detailed evaluation

Ostmann, Heiko

Club: LT Nauen-Falkensee

Number: 668

Course: 42.20 km

Marathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 4:59:37

Speed: 8.45 km/h

Running performance: 7:06 min/km

Rank in course/Total: 52 (of 63)

Rank in course/Men: 42 (of 52)

Best time in course: 3:03:52

Rank in category: 8(of 10)

Best time in the category: 3:35:00

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	1:16:52	6:34	8	18:23	45	25:25	11.70	1:16:52	6:34	8	18:23	45	25:25
Buchenau	11.80	1:18:13	6:37	7	21:15	40	27:47	23.50	2:35:05	6:35	8	39:38	41	53:12
Frankenroda	9.40	1:12:16	7:41	8	23:54	41	31:33	32.90	3:47:21	6:54	7	1:02:06	40	1:24:45
Treffurt	9.30	1:12:16	7:46	8	24:05	42	31:00	42.20	4:59:37	7:05	8	1:24:37	42	1:55:45