



4.Werratalmarathon, Halbmarathon, Staffel

Treffurt / 02.04.2023

Detailed evaluation

Wachsmann, Rainer

Club: LSF Münster/Marathon Steinfurt

Number: 657

Course: 42.20 km

Marathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 5:16:38

Speed: 7.96 km/h

Running performance: 7:30 min/km

Rank in course/Total: 54 (of 63)

Rank in course/Men: 44 (of 52)

Best time in course: 3:03:52

Rank in category: 4(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	1:22:31	7:03	6	20:47	51	31:04	11.70	1:22:31	7:03	6	20:47	51	31:04
Buchenau	11.80	1:25:04	7:12	4	25:08	47	34:38	23.50	2:47:35	7:07	5	45:55	48	1:05:42
Frankenroda	9.40	1:14:06	7:52	4	19:40	43	33:23	32.90	4:01:41	7:20	5	1:05:35	45	1:39:05
Treffurt	9.30	1:14:57	8:03	5	19:01	44	33:41	42.20	5:16:38	7:30	4	1:19:38	44	2:12:46