



4.Werratalmarathon, Halbmarathon, Staffel

Treffurt / 02.04.2023

Detailed evaluation

Gast, Thomas

Club: Frankenroda

Number: 612

Course: 42.20 km

Marathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 5:43:27

Speed: 7.34 km/h

Running performance: 8:08 min/km

Rank in course/Total: 59 (of 63)

Rank in course/Men: 49 (of 52)

Best time in course: 3:03:52

Rank in category: 7(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	1:20:56	6:55	5	19:12	49	29:29	11.70	1:20:56	6:55	5	19:12	49	29:29
Buchenau	11.80	1:32:43	7:51	7	32:47	51	42:17	23.50	2:53:39	7:23	6	51:59	50	1:11:46
Frankenroda	9.40	1:24:43	9:00	7	30:17	49	44:00	32.90	4:18:22	7:51	7	1:22:16	49	1:55:46
Treffurt	9.30	1:25:05	9:08	7	29:09	48	43:49	42.20	5:43:27	8:08	7	1:46:27	49	2:39:35