



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 |