



## 4.Werratalmarathon, Halbmarathon, Staffel

Treffurt / 02.04.2023

### Detailed evaluation

**Tammert, Ingo**

Club: Kempten

Number: 186

Course: 21.50 km

Halbmarathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:43:09

Speed: 12.22 km/h

Running performance: 4:48 min/km

Rank in course/Total: 17 (of 53)

Rank in course/Men: 16 (of 35)

Best time in course: 1:21:26

Rank in category: 4(of 5)

Best time in the category: 1:30:00