



# 4.Werratalmarathon, Halbmarathon, Staffel

Treffurt / 02.04.2023

## Detailed evaluation

**Stern, Lars Henrik**

Club: LSG Kassel

Number: 653

Course: 42.20 km

Marathon

Category:

Senioren M30 (30-34 Jahre)

Total time: 3:13:27

Speed: 13.03 km/h

Running performance: 4:35 min/km

Rank in course/Total: 2 (of 63)

Rank in course/Men: 2 (of 52)

Best time in course: 3:03:52

Rank in category: 1(of 3)

Best time in the category: 3:13:27

| Intermediate times |          |            |              | Stage score |             |         |            | Total ranking |            |              |          |             |         |            |
|--------------------|----------|------------|--------------|-------------|-------------|---------|------------|---------------|------------|--------------|----------|-------------|---------|------------|
| Control            | Split km | Split Time | Split min/km | Pos Cat.    | Behind Cat. | Pos Men | Behind Men | Total km      | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Men | Behind Men |
| Ifta               | 11.70    | 55:12      | 4:43         | 1           | -           | 2       | 3:45       | 11.70         | 55:12      | 4:43         | 1        | -           | 2       | 3:45       |
| Buchenau           | 11.80    | 52:16      | 4:25         | 1           | -           | 2       | 1:50       | 23.50         | 1:47:28    | 4:34         | 1        | -           | 2       | 5:35       |
| Frankenroda        | 9.40     | 43:12      | 4:35         | 1           | -           | 2       | 2:29       | 32.90         | 2:30:40    | 4:34         | 1        | -           | 2       | 8:04       |
| Treffurt           | 9.30     | 42:47      | 4:36         | 1           | -           | 2       | 1:31       | 42.20         | 3:13:27    | 4:35         | 1        | -           | 2       | 9:35       |