



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