



4.Werratalmarathon, Halbmarathon, Staffel

Treffurt / 02.04.2023

Detailed evaluation

Heß, Torsten

Club: LG Rippershausen

Number: 620

Course: 42.20 km

Marathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 3:35:00

Speed: 11.78 km/h

Running performance: 5:05 min/km

Rank in course/Total: 7 (of 63)

Rank in course/Men: 5 (of 52)

Best time in course: 3:03:52

Rank in category: 1(of 10)

Best time in the category: 3:35:00

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Ifta	11.70	58:29	4:59	1	-	5	7:02	11.70	58:29	4:59	1	-	5	7:02
Buchenau	11.80	56:58	4:49	1	-	4	6:32	23.50	1:55:27	4:54	1	-	4	13:34
Frankenroda	9.40	49:48	5:17	2	1:26	9	9:05	32.90	2:45:15	5:01	1	-	5	22:39
Treffurt	9.30	49:45	5:20	4	1:34	13	8:29	42.20	3:35:00	5:05	1	-	5	31:08