



4.Werratalmarathon, Halbmarathon, Staffel

Treffurt / 02.04.2023

Detailed evaluation

Steinwachs, Bert

Club: Laufgruppe Treffurt

Number: 652

Course: 42.20 km

Marathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 3:36:23

Speed: 11.65 km/h

Running performance: 5:08 min/km

Rank in course/Total: 8 (of 63)

Rank in course/Men: 6 (of 52)

Best time in course: 3:03:52

Rank in category: 2(of 6)

Best time in the category: 3:32:08

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	1:01:32	5:15	2	3:07	7	10:05	11.70	1:01:32	5:15	2	3:07	7	10:05
Buchenau	11.80	58:45	4:58	2	0:49	6	8:19	23.50	2:00:17	5:07	2	3:56	7	18:24
Frankenroda	9.40	47:29	5:03	2	0:30	6	6:46	32.90	2:47:46	5:05	2	4:26	6	25:10
Treffurt	9.30	48:37	5:13	1	-	7	7:21	42.20	3:36:23	5:07	2	4:15	6	32:31