



4.Werratalmarathon, Halbmarathon, Staffel

Treffurt / 02.04.2023

Detailed evaluation

Schmidt, Alex

Club: LT EMMERSHAUSEN

Number: 647

Course: 42.20 km

Marathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 3:39:37

Speed: 11.47 km/h

Running performance: 5:12 min/km

Rank in course/Total: 10 (of 63)

Rank in course/Men: 8 (of 52)

Best time in course: 3:03:52

Rank in category: 1(of 8)

Best time in the category: 3:39:37

Intermediate times

Stage score

Total ranking

| Control | Split km | Split Time | Split min/km | Pos Cat. | Behind Cat. | Stage score | | Total ranking | | | | | | |
|-------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
| | | | | | | Pos Men | Behind Men | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Men | Behind Men |
| Ifta | 11.70 | 1:03:15 | 5:24 | 1 | - | 12 | 11:48 | 11.70 | 1:03:15 | 5:24 | 1 | - | 12 | 11:48 |
| Buchenau | 11.80 | 1:00:31 | 5:07 | 1 | - | 10 | 10:05 | 23.50 | 2:03:46 | 5:15 | 1 | - | 12 | 21:53 |
| Frankenroda | 9.40 | 47:54 | 5:05 | 2 | 0:43 | 7 | 7:11 | 32.90 | 2:51:40 | 5:13 | 1 | - | 8 | 29:04 |
| Treffurt | 9.30 | 47:57 | 5:09 | 2 | 3:18 | 5 | 6:41 | 42.20 | 3:39:37 | 5:12 | 1 | - | 8 | 35:45 |