



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