



# 4.Werratalmarathon, Halbmarathon, Staffel

Treffurt / 02.04.2023

## Detailed evaluation

**Trost, Stefan**

Club: Sömmerdaer Gipfelstürmer

Number: 654

Course: 42.20 km

Marathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 3:47:25

Speed: 11.08 km/h

Running performance: 5:23 min/km

Rank in course/Total: 15 (of 63)

Rank in course/Men: 13 (of 52)

Best time in course: 3:03:52

Rank in category: 2(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	1:08:23	5:50	4	5:08	27	16:56	11.70	1:08:23	5:50	4	5:08	27	16:56
Buchenau	11.80	1:07:12	5:41	4	6:41	23	16:46	23.50	2:15:35	5:46	3	11:49	23	33:42
Frankenroda	9.40	47:11	5:01	1	-	5	6:28	32.90	3:02:46	5:33	2	11:06	18	40:10
Treffurt	9.30	44:39	4:48	1	-	3	3:23	42.20	3:47:25	5:23	2	7:48	13	43:33