



4.Werratalmarathon, Halbmarathon, Staffel

Treffurt / 02.04.2023

Detailed evaluation

Schütt, Silke

Club: LANDAU RUNNING COMPANY

Number: 650

Course: 42.20 km

Marathon

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 3:47:44

Speed: 11.12 km/h

Running performance: 5:24 min/km

Rank in course/Total: 16 (of 63)

Rank in course/Women: 3 (of 11)

Best time in course: 3:18:09

Rank in category: 1(of 2)

Best time in the category: 3:47:44

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Ifta	11.70	1:02:23	5:19	1	-	3	6:32	11.70	1:02:23	5:19	1	-	3	6:32
Buchenau	11.80	1:02:12	5:16	1	-	4	8:08	23.50	2:04:35	5:18	1	-	3	14:24
Frankenroda	9.40	51:01	5:25	1	-	4	6:08	32.90	2:55:36	5:20	1	-	3	19:44
Treffurt	9.30	52:08	5:36	1	-	4	10:10	42.20	3:47:44	5:23	1	-	3	29:35