



4.Werratalmarathon, Halbmarathon, Staffel

Treffurt / 02.04.2023

Detailed evaluation

Luhn, Thoralf

Club: TEAG Thüringer Energie AG

Number: 633

Course: 42.20 km

Marathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 3:49:15

Speed: 10.99 km/h

Running performance: 5:26 min/km

Rank in course/Total: 17 (of 63)

Rank in course/Men: 14 (of 52)

Best time in course: 3:03:52

Rank in category: 3(of 10)

Best time in the category: 3:35:00

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	1:04:17	5:29	3	5:48	14	12:50	11.70	1:04:17	5:29	3	5:48	14	12:50
Buchenau	11.80	1:04:21	5:27	3	7:23	19	13:55	23.50	2:08:38	5:28	3	13:11	17	26:45
Frankenroda	9.40	51:41	5:29	3	3:19	14	10:58	32.90	3:00:19	5:28	3	15:04	14	37:43
Treffurt	9.30	48:56	5:15	2	0:45	9	7:40	42.20	3:49:15	5:25	3	14:15	14	45:23