



4.Werratalmarathon, Halbmarathon, Staffel

Treffurt / 02.04.2023

Detailed evaluation

Gauditz, Christian

Club: Laufgruppe Treffurt

Number: 613

Course: 42.20 km

Marathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 3:49:15

Speed: 11.04 km/h

Running performance: 5:26 min/km

Rank in course/Total: 18 (of 63)

Rank in course/Men: 14 (of 52)

Best time in course: 3:03:52

Rank in category: 3(of 6)

Best time in the category: 3:32:08

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Ifta	11.70	1:04:18	5:29	3	5:53	15	12:51	11.70	1:04:18	5:29	3	5:53	15	12:51
Buchenau	11.80	1:04:18	5:26	4	6:22	17	13:52	23.50	2:08:36	5:28	3	12:15	14	26:43
Frankenroda	9.40	51:43	5:30	3	4:44	15	11:00	32.90	3:00:19	5:28	3	16:59	14	37:43
Treffurt	9.30	48:56	5:15	3	0:19	9	7:40	42.20	3:49:15	5:25	3	17:07	14	45:23