



4.Werratalmarathon, Halbmarathon, Staffel

Treffurt / 02.04.2023

Detailed evaluation

Balzer, Bernd

Club: SSV FSG Eisenberg

Number: 603

Course: 42.20 km

Marathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 3:57:00

Speed: 10.68 km/h

Running performance: 5:37 min/km

Rank in course/Total: 22 (of 63)

Rank in course/Men: 18 (of 52)

Best time in course: 3:03:52

Rank in category: 1(of 7)

Best time in the category: 3:57:00

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	1:01:44	5:16	1	-	8	10:17	11.70	1:01:44	5:16	1	-	8	10:17
Buchenau	11.80	59:56	5:04	1	-	8	9:30	23.50	2:01:40	5:10	1	-	8	19:47
Frankenroda	9.40	54:26	5:47	1	-	24	13:43	32.90	2:56:06	5:21	1	-	13	33:30
Treffurt	9.30	1:00:54	6:32	2	4:58	33	19:38	42.20	3:57:00	5:36	1	-	18	53:08