



4.Werratalmarathon, Halbmarathon, Staffel

Treffurt / 02.04.2023

Detailed evaluation

Wüster, Nils

Club: Erfurt
Number: 660

Course: 42.20 km
Marathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 4:03:28

Speed: 10.35 km/h
Running performance: 5:46 min/km

Rank in course/Total: 29 (of 63)

Rank in course/Men: 25 (of 52)

Best time in course: 3:03:52

Rank in category: 4(of 6)

Best time in the category: 3:32:08

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	1:05:47	5:37	4	7:22	19	14:20	11.70	1:05:47	5:37	4	7:22	19	14:20
Buchenau	11.80	1:05:47	5:34	5	7:51	20	15:21	23.50	2:11:34	5:35	5	15:13	20	29:41
Frankenroda	9.40	55:18	5:52	4	8:19	27	14:35	32.90	3:06:52	5:40	4	23:32	20	44:16
Treffurt	9.30	56:36	6:05	4	7:59	28	15:20	42.20	4:03:28	5:46	4	31:20	25	59:36