



4.Werratalmarathon, Halbmarathon, Staffel

Treffurt / 02.04.2023

Detailed evaluation

Henkel, Kerstin

Club: Bad Hersfeld

Number: 674

Course: 42.20 km

Marathon

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 4:04:42

Speed: 10.30 km/h

Running performance: 5:48 min/km

Rank in course/Total: 30 (of 63)

Rank in course/Women: 5 (of 11)

Best time in course: 3:18:09

Rank in category: 1(of 2)

Best time in the category: 4:04:42

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Ifta	11.70	1:09:41	5:57	1	-	7	13:50	11.70	1:09:41	5:57	1	-	7	13:50
Buchenau	11.80	1:08:11	5:46	1	-	6	14:07	23.50	2:17:52	5:52	1	-	7	27:41
Frankenroda	9.40	54:24	5:47	1	-	5	9:31	32.90	3:12:16	5:50	1	-	5	36:24
Treffurt	9.30	52:26	5:38	1	-	5	10:28	42.20	4:04:42	5:47	1	-	5	46:33