



4.Werratalmarathon, Halbmarathon, Staffel

Treffurt / 02.04.2023

Detailed evaluation

Plepla, Patrick

Club: Wardon

Number: 639

Course: 42.20 km

Marathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 4:08:08

Speed: 10.16 km/h

Running performance: 5:53 min/km

Rank in course/Total: 35 (of 63)

Rank in course/Men: 29 (of 52)

Best time in course: 3:03:52

Rank in category: 5(of 8)

Best time in the category: 3:39:37

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	1:07:22	5:45	2	4:07	20	15:55	11.70	1:07:22	5:45	2	4:07	20	15:55
Buchenau	11.80	1:06:10	5:36	2	5:39	21	15:44	23.50	2:13:32	5:40	2	9:46	21	31:39
Frankenroda	9.40	54:13	5:46	5	7:02	23	13:30	32.90	3:07:45	5:42	3	16:05	21	45:09
Treffurt	9.30	1:00:23	6:29	5	15:44	31	19:07	42.20	4:08:08	5:52	5	28:31	29	1:04:16