



4.Werratalmarathon, Halbmarathon, Staffel

Treffurt / 02.04.2023

Detailed evaluation

Hildebrandt, Guido

Club: SSV FSG Eisenberg

Number: 621

Course: 42.20 km

Marathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 4:11:44

Speed: 10.01 km/h

Running performance: 5:58 min/km

Rank in course/Total: 37 (of 63)

Rank in course/Men: 31 (of 52)

Best time in course: 3:03:52

Rank in category: 5(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ifta	11.70	1:07:25	5:45	5	9:00	21	15:58	11.70	1:07:25	5:45	5	9:00	21	15:58
Buchenau	11.80	1:03:55	5:24	3	5:59	14	13:29	23.50	2:11:20	5:35	4	14:59	19	29:27
Frankenroda	9.40	58:28	6:13	5	11:29	33	17:45	32.90	3:09:48	5:46	5	26:28	27	47:12
Treffurt	9.30	1:01:56	6:39	6	13:19	34	20:40	42.20	4:11:44	5:57	5	39:36	31	1:07:52