



4.Werratalmarathon, Halbmarathon, Staffel

Treffurt / 02.04.2023

Detailed evaluation

Opl, Manfred

Club: 100 Marathon Club / LG Vellmar
Number: 664

Course: 42.20 km
Marathon

Category:
Senioren M65 (65-69 Jahre)

Total time: 4:15:17

Speed: 9.92 km/h
Running performance: 6:03 min/km

Rank in course/Total: 39 (of 63)

Rank in course/Men: 33 (of 52)

Best time in course: 3:03:52

Rank in category: 2(of 3)

Best time in the category: 3:44:03

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	1:08:21	5:50	2	5:03	23	16:54	11.70	1:08:21	5:50	2	5:03	23	16:54
Buchenau	11.80	1:07:13	5:41	2	5:35	24	16:47	23.50	2:15:34	5:46	2	10:38	22	33:41
Frankenroda	9.40	54:39	5:48	2	4:47	25	13:56	32.90	3:10:13	5:46	2	15:25	28	47:37
Treffurt	9.30	1:05:04	6:59	2	15:49	36	23:48	42.20	4:15:17	6:02	2	31:14	33	1:11:25