



4.Werratalmarathon, Halbmarathon, Staffel

Treffurt / 02.04.2023

Detailed evaluation

Glaser, Sebastian

Club: Wardon

Number: 615

Course: 42.20 km

Marathon

Category:

Senioren M35 (35-39 Jahre)

Total time: 4:17:46

Speed: 9.78 km/h

Running performance: 6:07 min/km

Rank in course/Total: 40 (of 63)

Rank in course/Men: 34 (of 52)

Best time in course: 3:03:52

Rank in category: 7(of 8)

Best time in the category: 3:03:52

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	1:12:37	6:12	7	21:10	38	21:10	11.70	1:12:37	6:12	7	21:10	38	21:10
Buchenau	11.80	1:11:22	6:02	7	20:56	34	20:56	23.50	2:23:59	6:07	7	42:06	37	42:06
Frankenroda	9.40	58:39	6:14	7	17:56	34	17:56	32.90	3:22:38	6:09	7	1:00:02	34	1:00:02
Treffurt	9.30	55:08	5:55	7	13:52	26	13:52	42.20	4:17:46	6:06	7	1:13:54	34	1:13:54