



4.Werratalmarathon, Halbmarathon, Staffel

Treffurt / 02.04.2023

Detailed evaluation

Gasa, Carola

Club: SV Mihla

Number: 611

Course: 42.20 km

Marathon

Category:

Seniorinnen W60 (60-64 Jahre)

Total time: 4:24:36

Speed: 9.52 km/h

Running performance: 6:16 min/km

Rank in course/Total: 41 (of 63)

Rank in course/Women: 7 (of 11)

Best time in course: 3:18:09

Rank in category: 1(of 1)

Best time in the category: 4:24:36

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	1:09:54	5:58	1	-	8	14:03	11.70	1:09:54	5:58	1	-	8	14:03
Buchenau	11.80	1:12:18	6:07	1	-	8	18:14	23.50	2:22:12	6:03	1	-	8	32:01
Frankenroda	9.40	1:02:24	6:38	1	-	8	17:31	32.90	3:24:36	6:13	1	-	8	48:44
Treffurt	9.30	1:00:00	6:27	1	-	8	18:02	42.20	4:24:36	6:16	1	-	7	1:06:27