



4.Werratalmarathon, Halbmarathon, Staffel

Treffurt / 02.04.2023

Detailed evaluation

Becker, Claudia

Club: Hamburg

Number: 604

Course: 42.20 km

Marathon

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 4:27:14

Speed: 9.43 km/h

Running performance: 6:20 min/km

Rank in course/Total: 43 (of 63)

Rank in course/Women: 8 (of 11)

Best time in course: 3:18:09

Rank in category: 2(of 2)

Best time in the category: 3:47:44

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	1:14:52	6:23	2	12:29	9	19:01	11.70	1:14:52	6:23	2	12:29	9	19:01
Buchenau	11.80	1:13:25	6:13	2	11:13	9	19:21	23.50	2:28:17	6:18	2	23:42	9	38:06
Frankenroda	9.40	1:01:50	6:34	2	10:49	7	16:57	32.90	3:30:07	6:23	2	34:31	9	54:15
Treffurt	9.30	57:07	6:08	2	4:59	7	15:09	42.20	4:27:14	6:19	2	39:30	8	1:09:05