



Detailed evaluation

Michael Jehnes

Club: Hannover Runners e.V.
Number: 111

Course: 21.00 km
Halbmarathon

Category:
Senioren M40 (40-44)

Total time: 1:48:34

Speed: 11.61 km/h
Running performance: 5:10 min/km

Rank in course/Total: 14 (of 35)

Rank in course/Men: 14 (of 25)

Best time in course: 1:17:00

Rank in category: 5(of 5)

Best time in the category: 1:17:00

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
Zwischenzeit I	-	12:21	-	5	3:51	19	3:51	-	12:21	-	5	3:51	19	3:51
Zwischenzeit II	-	20:40	-	5	6:02	15	6:02	-	33:01	-	5	9:53	17	9:53
Zwischenzeit I	-	20:30	-	5	5:28	13	5:28	-	53:31	-	5	15:21	15	15:21
Zwischenzeit II	-	20:29	-	5	5:32	12	5:32	-	1:14:00	-	5	20:53	15	20:53
Zwischenzeit I	-	21:42	-	5	6:39	12	6:39	-	1:35:42	-	5	27:32	15	27:32
Finish	21.00	12:52	-	4	4:02	11	4:02	21.00	1:48:34	5:10	5	31:34	14	31:34