



Detailed evaluation

Jens Karbaum

Number: 84

Course: 21.00 km
Halbmarathon

Category:
Senioren M45 (45-49)

Total time: 1:33:56

Speed: 13.41 km/h

Running performance: 4:28 min/km

Rank in course/Total: 7 (of 35)

Rank in course/Men: 7 (of 25)

Best time in course: 1:17:00

Rank in category: 2(of 7)

Best time in the category: 1:32:05

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	-	10:31	-	2	0:57	5	2:01	-	10:31	-	2	0:57	5	2:01
Zwischenzeit II	-	17:41	-	2	0:26	6	3:03	-	28:12	-	2	1:23	6	5:04
Zwischenzeit I	-	17:41	-	1	-	5	2:39	-	45:53	-	2	0:51	6	7:43
Zwischenzeit II	-	17:52	-	1	-	6	2:55	-	1:03:45	-	2	0:46	6	10:38
Zwischenzeit I	-	18:29	-	2	0:15	7	3:26	-	1:22:14	-	2	1:01	7	14:04
Finish	21.00	11:42	-	3	0:50	8	2:52	21.00	1:33:56	4:28	2	1:51	7	16:56