



Detailed evaluation

Marco Völlger

Number: 133

Course: 21.00 km
Halbmarathon

Category:
Senioren M45 (45-49)

Total time: 1:43:27

Speed: 12.18 km/h

Running performance: 4:55 min/km

Rank in course/Total: 10 (of 35)

Rank in course/Men: 10 (of 25)

Best time in course: 1:17:00

Rank in category: 4(of 7)

Best time in the category: 1:32:05

| Control | Intermediate times | | | | Stage score | | | | Total ranking | | | | | |
|-----------------|--------------------|------------|--------------|----------|-------------|---------|------------|----------|---------------|--------------|----------|-------------|---------|------------|
| | 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 | - | 11:42 | - | 4 | 2:08 | 11 | 3:12 | - | 11:42 | - | 4 | 2:08 | 11 | 3:12 |
| Zwischenzeit II | - | 19:40 | - | 4 | 2:25 | 12 | 5:02 | - | 31:22 | - | 4 | 4:33 | 12 | 8:14 |
| Zwischenzeit I | - | 20:11 | - | 4 | 2:30 | 10 | 5:09 | - | 51:33 | - | 4 | 6:31 | 11 | 13:23 |
| Zwischenzeit II | - | 20:09 | - | 4 | 2:17 | 10 | 5:12 | - | 1:11:42 | - | 4 | 8:43 | 10 | 18:35 |
| Zwischenzeit I | - | 20:02 | - | 4 | 1:48 | 10 | 4:59 | - | 1:31:44 | - | 4 | 10:31 | 10 | 23:34 |
| Finish | 21.00 | 11:43 | - | 4 | 0:51 | 9 | 2:53 | 21.00 | 1:43:27 | 4:55 | 4 | 11:22 | 10 | 26:27 |