



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

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	-	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