



Detailed evaluation

Stefan Werner

Number: 134

Course: 21.00 km
Halbmarathon

Category:
Senioren M45 (45-49)

Total time: 2:29:53

Speed: 8.41 km/h

Running performance: 7:08 min/km

Rank in course/Total: 34 (of 35)

Rank in course/Men: 24 (of 25)

Best time in course: 1:17:00

Rank in category: 7(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 | - | 15:20 | - | 7 | 5:46 | 24 | 6:50 | - | 15:20 | - | 7 | 5:46 | 24 | 6:50 |
| Zwischenzeit II | - | 26:59 | - | 7 | 9:44 | 24 | 12:21 | - | 42:19 | - | 7 | 15:30 | 24 | 19:11 |
| Zwischenzeit I | - | 28:22 | - | 7 | 10:41 | 24 | 13:20 | - | 1:10:41 | - | 7 | 25:39 | 24 | 32:31 |
| Zwischenzeit II | - | 29:49 | - | 7 | 11:57 | 24 | 14:52 | - | 1:40:30 | - | 7 | 37:31 | 24 | 47:23 |
| Zwischenzeit I | - | 31:01 | - | 7 | 12:47 | 24 | 15:58 | - | 2:11:31 | - | 7 | 50:18 | 24 | 1:03:21 |
| Finish | 21.00 | 18:22 | - | 7 | 7:30 | 24 | 9:32 | 21.00 | 2:29:53 | 7:08 | 7 | 57:48 | 24 | 1:12:53 |