



Detailed evaluation

Heiko Pawlik

Club: Pawliks Lauffamily
Number: 123

Course: 21.00 km
Halbmarathon

Category:
Senioren M50 (50-54)

Total time: 1:48:23

Speed: 11.63 km/h
Running performance: 5:09 min/km

Rank in course/Total: 13 (of 35)

Rank in course/Men: 13 (of 25)

Best time in course: 1:17:00

Rank in category: 1(of 2)

Best time in the category: 1:48:23

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	-	11:44	-	1	-	12	3:14	-	11:44	-	1	-	12	3:14
Zwischenzeit II	-	19:38	-	1	-	11	5:00	-	31:22	-	1	-	12	8:14
Zwischenzeit I	-	20:25	-	1	-	12	5:23	-	51:47	-	1	-	13	13:37
Zwischenzeit II	-	20:47	-	1	-	14	5:50	-	1:12:34	-	1	-	12	19:27
Zwischenzeit I	-	22:53	-	1	-	17	7:50	-	1:35:27	-	1	-	14	27:17
Finish	21.00	12:56	-	1	-	13	4:06	21.00	1:48:23	5:09	1	-	13	31:23