



Detailed evaluation

Julia Kreuzau

Club: LTV Erfurt
Number: 114

Course: 21.00 km
Halbmarathon

Category:
Seniorinnen W35 (35-39)

Total time: 1:55:14

Speed: 10.93 km/h
Running performance: 5:29 min/km

Rank in course/Total: 19 (of 35)

Rank in course/Women: 2 (of 10)

Best time in course: 1:50:13

Rank in category: 1(of 5)

Best time in the category: 1:55:14

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Zwischenzeit I	-	12:12	-	1	-	2	0:06	-	12:12	-	1	-	2	0:06
Zwischenzeit II	-	21:25	-	1	-	2	0:53	-	33:37	-	1	-	2	0:59
Zwischenzeit I	-	22:20	-	1	-	2	1:24	-	55:57	-	1	-	2	2:23
Zwischenzeit II	-	22:56	-	2	0:11	3	1:43	-	1:18:53	-	1	-	2	4:06
Zwischenzeit I	-	23:00	-	1	-	2	0:55	-	1:41:53	-	1	-	2	5:01
Finish	21.00	13:21	-	1	-	1	-	21.00	1:55:14	5:29	1	-	2	5:01