



## Detailed evaluation

**Luisa Nolte**

Club: Ilvers Musikbar  
Number: 122

Course: 21.00 km  
Halbmarathon

Category:  
Seniorinnen W35 (35-39)

Total time: 2:00:53

Speed: 10.42 km/h  
Running performance: 5:45 min/km

Rank in course/Total: 23 (of 35)  
Rank in course/Women: 5 (of 10)  
Best time in course: 1:50:13

Rank in category: 3(of 5)  
Best time in the category: 1:55:14

Control	Intermediate times			Stage score				Total ranking						
	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	-	13:38	-	5	1:26	8	1:32	-	13:38	-	5	1:26	8	1:32
Zwischenzeit II	-	22:45	-	3	1:20	5	2:13	-	36:23	-	3	2:46	5	3:45
Zwischenzeit I	-	22:59	-	4	0:39	5	2:03	-	59:22	-	4	3:25	6	5:48
Zwischenzeit II	-	23:23	-	3	0:38	5	2:10	-	1:22:45	-	4	3:52	6	7:58
Zwischenzeit I	-	23:57	-	3	0:57	4	1:52	-	1:46:42	-	3	4:49	5	9:50
Finish	21.00	14:11	-	2	0:50	4	0:50	21.00	2:00:53	5:45	3	5:39	5	10:40