



Detailed evaluation

Christiane Tentscher

Club: Nuremberg Runners
Number: 132

Course: 21.00 km
Halbmarathon

Category:
Seniorinnen W40 (40-44)

Total time: 2:04:42

Speed: 10.10 km/h
Running performance: 5:56 min/km

Rank in course/Total: 28 (of 35)
Rank in course/Women: 8 (of 10)
Best time in course: 1:50:13

Rank in category: 2(of 2)
Best time in the category: 2:02:57

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	-	13:39	-	2	0:13	9	1:33	-	13:39	-	2	0:13	9	1:33
Zwischenzeit II	-	23:24	-	2	0:20	9	2:52	-	37:03	-	2	0:33	9	4:25
Zwischenzeit I	-	24:17	-	2	0:16	8	3:21	-	1:01:20	-	2	0:49	9	7:46
Zwischenzeit II	-	23:57	-	2	0:04	8	2:44	-	1:25:17	-	2	0:53	8	10:30
Zwischenzeit I	-	24:52	-	2	0:03	8	2:47	-	1:50:09	-	2	0:56	8	13:17
Finish	21.00	14:33	-	2	0:49	8	1:12	21.00	2:04:42	5:56	2	1:45	8	14:29