



Detailed evaluation

Andre Ahrens

Club: Team Volvo Popp
Number: 101

Course: 21.00 km
Halbmarathon

Category:
Senioren M35 (35-39)

Total time: 1:48:59

Speed: 11.56 km/h
Running performance: 5:11 min/km

Rank in course/Total: 15 (of 35)

Rank in course/Men: 15 (of 25)

Best time in course: 1:17:00

Rank in category: 2(of 3)

Best time in the category: 1:18:44

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	-	11:54	-	2	3:24	14	3:24	-	11:54	-	2	3:24	14	3:24
Zwischenzeit II	-	19:44	-	2	5:03	13	5:06	-	31:38	-	2	8:27	14	8:30
Zwischenzeit I	-	20:44	-	2	5:29	16	5:42	-	52:22	-	2	13:56	14	14:12
Zwischenzeit II	-	20:34	-	2	5:15	13	5:37	-	1:12:56	-	2	19:11	14	19:49
Zwischenzeit I	-	22:15	-	2	6:31	14	7:12	-	1:35:11	-	2	25:42	13	27:01
Finish	21.00	13:48	-	3	4:33	17	4:58	21.00	1:48:59	5:11	2	30:15	15	31:59