



Detailed evaluation

Frank Rüdiger

Number: 230

Course: 21.00 km

Halbmarathon

Category:

Senioren M40 (40-44)

Total time: 1:44:10

Speed: 12.10 km/h

Running performance: 4:57 min/km

Rank in course/Total: 14 (of 35)

Rank in course/Men: 13 (of 28)

Best time in course: 1:16:53

Rank in category: 4(of 8)

Best time in the category: 1:16:53

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	-	5:52	-	3	1:07	7	1:07	-	5:52	-	3	1:07	7	1:07
Zwischenzeit II	-	15:38	-	3	2:36	7	2:36	-	21:30	-	3	3:43	7	3:43
Zwischenzeit I	-	20:21	-	4	4:52	12	4:52	-	41:51	-	3	8:35	9	8:35
Zwischenzeit II	-	21:17	-	5	5:13	13	5:13	-	1:03:08	-	3	13:48	10	13:48
Zwischenzeit I	-	22:37	-	6	7:03	17	7:03	-	1:25:45	-	3	20:51	11	20:51
Finish	-	18:25	-	7	6:26	18	6:26	21.00	1:44:10	-	4	27:17	13	27:17