



Detailed evaluation

Michael Jehnes

Club: Hannover Runners
Number: 213

Course: 21.00 km
Halbmarathon

Category:
Senioren M40 (40-44)

Total time: 1:44:23

Speed: 12.07 km/h
Running performance: 4:58 min/km

Rank in course/Total: 15 (of 35)

Rank in course/Men: 14 (of 28)

Best time in course: 1:16:53

Rank in category: 5(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	-	6:28	-	4	1:43	13	1:43	-	6:28	-	4	1:43	13	1:43
Zwischenzeit II	-	17:04	-	4	4:02	12	4:02	-	23:32	-	4	5:45	13	5:45
Zwischenzeit I	-	20:01	-	3	4:32	11	4:32	-	43:33	-	4	10:17	12	10:17
Zwischenzeit II	-	21:01	-	4	4:57	12	4:57	-	1:04:34	-	4	15:14	12	15:14
Zwischenzeit I	-	21:59	-	5	6:25	14	6:25	-	1:26:33	-	4	21:39	12	21:39
Finish	-	17:50	-	5	5:51	16	5:51	21.00	1:44:23	-	5	27:30	14	27:30