



Detailed evaluation

Marc Denstedt

Number: 205

Course: 21.00 km
Halbmarathon

Category:
Senioren M45 (45-49)

Total time: 1:40:25

Speed: 12.55 km/h

Running performance: 4:46 min/km

Rank in course/Total: 10 (of 35)

Rank in course/Men: 10 (of 28)

Best time in course: 1:16:53

Rank in category: 3(of 6)

Best time in the category: 1:32:49

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	-	5:58	-	2	0:10	9	1:13	-	5:58	-	2	0:10	9	1:13
Zwischenzeit II	-	16:49	-	3	1:07	11	3:47	-	22:47	-	3	1:17	11	5:00
Zwischenzeit I	-	19:57	-	3	1:11	10	4:28	-	42:44	-	3	2:28	11	9:28
Zwischenzeit II	-	20:43	-	3	1:35	10	4:39	-	1:03:27	-	3	4:03	11	14:07
Zwischenzeit I	-	20:36	-	3	1:25	11	5:02	-	1:24:03	-	3	5:28	10	19:09
Finish	-	16:22	-	3	2:08	12	4:23	21.00	1:40:25	-	3	7:36	10	23:32