



Detailed evaluation

Jens Kämmerer

Number: 215

Course: 21.00 km
Halbmarathon

Category:
Senioren M45 (45-49)

Total time: 1:52:33

Speed: 11.20 km/h

Running performance: 5:21 min/km

Rank in course/Total: 21 (of 35)

Rank in course/Men: 19 (of 28)

Best time in course: 1:16:53

Rank in category: 5(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	-	6:03	-	4	0:15	11	1:18	-	6:03	-	4	0:15	11	1:18
Zwischenzeit II	-	17:14	-	4	1:32	13	4:12	-	23:17	-	4	1:47	12	5:30
Zwischenzeit I	-	20:35	-	4	1:49	13	5:06	-	43:52	-	4	3:36	13	10:36
Zwischenzeit II	-	22:39	-	5	3:31	18	6:35	-	1:06:31	-	4	7:07	14	17:11
Zwischenzeit I	-	26:02	-	5	6:51	24	10:28	-	1:32:33	-	5	13:58	18	27:39
Finish	-	20:00	-	5	5:46	21	8:01	21.00	1:52:33	-	5	19:44	19	35:40