



Detailed evaluation

Jan-Olaf Römhild

Club: Mittwochslaufgruppe

Number: 229

Course: 21.00 km

Halbmarathon

Category:

Senioren M50 (50-54)

Total time: 1:57:37

Speed: 10.71 km/h

Running performance: 5:36 min/km

Rank in course/Total: 24 (of 35)

Rank in course/Men: 22 (of 28)

Best time in course: 1:16:53

Rank in category: 2(of 3)

Best time in the category: 1:28:39

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	-	7:04	-	2	1:28	21	2:19	-	7:04	-	2	1:28	21	2:19
Zwischenzeit II	-	18:57	-	2	4:24	21	5:55	-	26:01	-	2	5:52	21	8:14
Zwischenzeit I	-	22:29	-	2	5:08	21	7:00	-	48:30	-	2	11:00	21	15:14
Zwischenzeit II	-	23:52	-	2	5:45	21	7:48	-	1:12:22	-	2	16:45	21	23:02
Zwischenzeit I	-	24:57	-	2	6:39	21	9:23	-	1:37:19	-	2	23:24	21	32:25
Finish	-	20:18	-	2	5:34	22	8:19	21.00	1:57:37	-	2	28:58	22	40:44