



Detailed evaluation

Carolin Ludwig

Club: SSV Erfurt Nord
Number: 219

Course: 21.00 km
Halbmarathon

Category:
Seniorinnen W35 (35-39)

Total time: 2:00:54

Speed: 10.42 km/h
Running performance: 5:45 min/km

Rank in course/Total: 28 (of 35)

Rank in course/Women: 4 (of 7)

Best time in course: 1:41:32

Rank in category: 1(of 1)

Best time in the category: 2:00:54

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Zwischenzeit I	-	7:34	-	1	-	6	1:18	-	7:34	-	1	-	6	1:18
Zwischenzeit II	-	20:37	-	1	-	5	3:37	-	28:11	-	1	-	5	4:55
Zwischenzeit I	-	23:35	-	1	-	4	3:30	-	51:46	-	1	-	5	8:25
Zwischenzeit II	-	24:06	-	1	-	4	3:17	-	1:15:52	-	1	-	4	11:42
Zwischenzeit I	-	24:41	-	1	-	3	3:35	-	1:40:33	-	1	-	4	15:17
Finish	-	20:21	-	1	-	5	4:05	21.00	2:00:54	-	1	-	4	19:22