



WBG Zukunft Geraauelauf

Erfurt / 03.06.2023

Detailed evaluation

Alexandra Bernhardt

Number: 202

Course: 21.00 km

Halbmarathon

Category:

Seniorinnen W40 (40-44)

Total time: 1:57:53

Speed: 10.69 km/h

Running performance: 5:36 min/km

Rank in course/Total: 25 (of 35)

Rank in course/Women: 3 (of 7)

Best time in course: 1:41:32

Rank in category: 1(of 2)

Best time in the category: 1:57:53

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	-	7:14	-	1	-	4	0:58	-	7:14	-	1	-	4	0:58
Zwischenzeit II	-	19:23	-	1	-	3	2:23	-	26:37	-	1	-	3	3:21
Zwischenzeit I	-	22:49	-	1	-	3	2:44	-	49:26	-	1	-	3	6:05
Zwischenzeit II	-	23:55	-	1	-	3	3:06	-	1:13:21	-	1	-	3	9:11
Zwischenzeit I	-	25:25	-	1	-	4	4:19	-	1:38:46	-	1	-	3	13:30
Finish	-	19:07	-	1	-	4	2:51	21.00	1:57:53	-	1	-	3	16:21