



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 |