



Detailed evaluation

Christiane Tentscher

Club: Nuremberg Runners
Number: 239

Course: 21.00 km
Halbmarathon

Category:
Seniorinnen W40 (40-44)

Total time: 2:03:51

Speed: 10.17 km/h
Running performance: 5:53 min/km

Rank in course/Total: 30 (of 35)

Rank in course/Women: 6 (of 7)

Best time in course: 1:41:32

Rank in category: 2(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 | - | 7:16 | - | 2 | 0:02 | 5 | 1:00 | - | 7:16 | - | 2 | 0:02 | 5 | 1:00 |
| Zwischenzeit II | - | 20:25 | - | 2 | 1:02 | 4 | 3:25 | - | 27:41 | - | 2 | 1:04 | 4 | 4:25 |
| Zwischenzeit I | - | 24:04 | - | 2 | 1:15 | 6 | 3:59 | - | 51:45 | - | 2 | 2:19 | 4 | 8:24 |
| Zwischenzeit II | - | 25:29 | - | 2 | 1:34 | 6 | 4:40 | - | 1:17:14 | - | 2 | 3:53 | 6 | 13:04 |
| Zwischenzeit I | - | 26:14 | - | 2 | 0:49 | 6 | 5:08 | - | 1:43:28 | - | 2 | 4:42 | 6 | 18:12 |
| Finish | - | 20:23 | - | 2 | 1:16 | 6 | 4:07 | 21.00 | 2:03:51 | - | 2 | 5:58 | 6 | 22:19 |