



## 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