



Detailed evaluation

Thomas Gruneberg

Number: 220

Course: 21.00 km

Halbmarathon

Category:

Senioren M30 (30-34) A

Total time: 1:57:33

Speed: 10.72 km/h

Running performance: 5:35 min/km

Rank in course/Total: 27 (of 50)

Rank in course/Men: 21 (of 34)

Best time in course: 1:08:55

Rank in category: 3(of 3)

Best time in the category: 1:34:37

Intermediate times					Stage score				Total ranking					
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Zwischenzeit I	-	10:13	-	3	1:57	28	4:02	-	10:13	-	3	1:57	28	4:02
Zwischenzeit II	-	19:22	-	3	3:35	24	7:40	-	29:35	-	3	5:32	24	11:42
Zwischenzeit I	-	21:50	-	3	4:11	20	8:26	-	51:25	-	3	9:43	21	20:08
Zwischenzeit II	-	23:16	-	3	4:42	21	9:36	-	1:14:41	-	3	14:25	21	29:44
Zwischenzeit I	-	23:54	-	3	5:02	20	10:34	-	1:38:35	-	3	19:27	21	40:18
Finish	21.00	18:58	-	3	3:29	20	8:20	21.00	1:57:33	5:35	3	22:56	21	48:38