



### Detailed evaluation

**Michael Pohl**

Club: Unlimited Runners EF

Number: 236

Course: 21.00 km

Halbmarathon

Category:

Senioren M40 (40-44) A

Total time: 1:51:16

Speed: 11.32 km/h

Running performance: 5:17 min/km

Rank in course/Total: 23 (of 50)

Rank in course/Men: 20 (of 34)

Best time in course: 1:08:55

Rank in category: 4(of 6)

Best time in the category: 1:37:37

#### Intermediate times

#### Stage score

#### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Zwischenzeit I	-	8:29	-	2	1:54	12	2:18	-	8:29	-	2	1:54	12	2:18
Zwischenzeit II	-	17:11	-	2	0:25	15	5:29	-	25:40	-	2	0:11	15	7:47
Zwischenzeit I	-	20:34	-	3	2:19	19	7:10	-	46:14	-	2	1:01	15	14:57
Zwischenzeit II	-	22:03	-	4	6:02	19	8:23	-	1:08:17	-	2	2:13	15	23:20
Zwischenzeit I	-	24:20	-	4	8:20	22	11:00	-	1:32:37	-	3	7:57	19	34:20
Finish	21.00	18:39	-	4	5:42	18	8:01	21.00	1:51:16	5:17	4	13:39	20	42:21