



Detailed evaluation

Frank Dalbert

Club: Lauffeuer Fröttstädt e.V.
Number: 208

Course: 21.00 km
Halbmarathon

Category:
Senioren M55 (55-59) A

Total time: 2:28:12

Speed: 8.50 km/h
Running performance: 7:03 min/km

Rank in course/Total: 45 (of 50)

Rank in course/Men: 30 (of 34)

Best time in course: 1:08:55

Rank in category: 1(of 2)

Best time in the category: 2:28:12

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	-	11:07	-	2	0:52	31	4:56	-	11:07	-	2	0:52	31	4:56
Zwischenzeit II	-	22:38	-	2	2:45	30	10:56	-	33:45	-	2	3:37	30	15:52
Zwischenzeit I	-	27:45	-	1	-	30	14:21	-	1:01:30	-	1	-	31	30:13
Zwischenzeit II	-	30:43	-	1	-	31	17:03	-	1:32:13	-	1	-	30	47:16
Zwischenzeit I	-	31:05	-	1	-	30	17:45	-	2:03:18	-	1	-	30	1:05:01
Finish	21.00	24:54	-	1	-	30	14:16	21.00	2:28:12	7:03	1	-	30	1:19:17