



### Detailed evaluation

**Christiane Tentscher**

Club: Nuremberg Runners

Number: 244

Course: 21.00 km

Halbmarathon

Category:

Seniorinnen W40 (40-44) A

Total time: 2:23:03

Speed: 8.81 km/h

Running performance: 6:48 min/km

Rank in course/Total: 44 (of 50)

Rank in course/Women: 15 (of 16)

Best time in course: 1:46:35

Rank in category: 2(of 2)

Best time in the category: 2:02:42

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	-	11:28	-	2	1:01	14	3:00	-	11:28	-	2	1:01	14	3:00
Zwischenzeit II	-	22:47	-	2	2:30	16	22:47	-	34:15	-	2	3:31	15	24:35
Zwischenzeit I	-	26:28	-	2	2:50	15	6:01	-	1:00:43	-	2	6:21	15	13:26
Zwischenzeit II	-	28:58	-	2	4:26	15	7:43	-	1:29:41	-	2	10:47	15	21:05
Zwischenzeit I	-	29:23	-	2	5:09	15	8:32	-	1:59:04	-	2	15:56	15	29:37
Finish	21.00	23:59	-	2	4:25	15	7:17	21.00	2:23:03	6:48	2	20:21	15	36:28