



10. EppsteinTrails  
Eppstein / 19.08.2012

Detailed evaluation

Pöse, Jörg

Club: Fit & Geschickt  
Number: 2004

Course: 60.00 km  
Mittelstrecke

Category:  
Senioren 2

Total time: 5:47:34

Speed: 10.36 km/h

Rank in course/Total: 44 (of 81)

Rank in course/Men: 41 (of 77)

Best time in course: 3:16:45

Rank in category: 19(of 33)

Best time in the category: 3:56:04

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split km/h	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	15.00	1:00:50	14.79	28	21:11	67	25:25	15.00	1:00:50	14.79	17	6:58	21	4:19
Lap 2	15.00	1:39:57	9.00	26	36:12	55	43:00	30.00	2:40:47	11.20	2	37:05	30	34:22
Lap 3	15.00	1:12:17	12.45	26	1:03:55	51	1:03:55	45.00	3:53:04	11.58	2	1:00:39	27	1:04:33
Last lap Finish	15.00	1:54:30	7.86	18	1:53:48	37	1:53:48	60.00	5:47:34	10.36	19	1:51:30	41	2:30:49