



Detailed evaluation

KriegHoff, Marcel

Number: 497

Course: 9.90 km  
 3 Runden 9,9 km

Category:  
 Senioren M30

Total time: 34:35

Speed: 17.18 km/h

Running performance: 3:29 min/km

Rank in course/Total: 2 (of 90)

Rank in course/Men: 1 (of 75)

Best time in course: 34:35

Rank in category: 1(of 15)

Best time in the category: 34:35

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
Rundenzeit	3.30	11:43	3:33	1	-	1	-	3.30	11:43	3:33	1	-	55	
Rundenzeit	3.30	11:35	3:30	1	-	1	-	6.60	23:18	3:31	1	-	55	
Finish	3.30	11:17	3:25	1	-	1	-	9.90	34:35	3:29	1	-	1	-