



Detailed evaluation

Lange, Uwe

Club: Plasma Service Europe GmbH
Number: 323

Course: 6.60 km
2 Runden 6,6 km

Category:
Senioren M50

Total time: 36:59

Speed: 9.73 km/h
Running performance: 5:36 min/km

Rank in course/Total: 37 (of 58)

Rank in course/Men: 33 (of 45)

Best time in course: 23:50

Rank in category: 4(of 6)

Best time in the category: 28:52

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Rundenzeit	3.30	18:02	5:27	4	3:39	34	6:18	3.30	18:02	5:27	4	3:39	11		
Finish	3.30	18:57	5:44	4	4:28	33	6:51	6.60	36:59	5:36	4	8:07	33	13:09	