



Detailed evaluation

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Club: Nordhausen
Number: 426

Course: 9.90 km
3 Runden 9,9 km

Category:
Senioren M45

Total time: 43:54

Speed: 12.30 km/h
Running performance: 4:26 min/km

Rank in course/Total: 15 (of 90)

Rank in course/Men: 14 (of 75)

Best time in course: 34:35

Rank in category: 3(of 9)

Best time in the category: 42:48

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	14:16	4:19	4	0:16	14	2:33	3.30	14:16	4:19	4	0:08	45		
Rundenzeit	3.30	14:52	4:30	4	0:35	19	3:17	6.60	29:08	4:24	4	0:43	74		
Finish	3.30	14:46	4:28	3	0:23	17	3:29	9.90	43:54	4:26	3	1:06	14	9:19	