



Detailed evaluation

Teihs, Sören

Club: Bernd
Number: 455

Course: 9.90 km
3 Runden 9,9 km

Category:
Senioren M40

Total time: 51:09

Speed: 10.56 km/h
Running performance: 5:10 min/km

Rank in course/Total: 46 (of 90)

Rank in course/Men: 40 (of 75)

Best time in course: 34:35

Rank in category: 6(of 10)

Best time in the category: 41:36

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	16:08	4:53	6	2:40	40	4:25	3.30	16:08	4:53	6	2:40	18		
Rundenzeit	3.30	17:23	5:16	7	3:24	42	5:48	6.60	33:31	5:04	6	6:04	19		
Finish	3.30	17:38	5:20	7	3:29	45	6:21	9.90	51:09	5:09	6	9:33	40	16:34	