



Detailed evaluation

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Club: Nordhausen
Number: 408

Course: 9.90 km
3 Runden 9,9 km

Category:
Senioren M40

Total time: 51:40

Speed: 10.45 km/h
Running performance: 5:13 min/km

Rank in course/Total: 48 (of 90)

Rank in course/Men: 42 (of 75)

Best time in course: 34:35

Rank in category: 7(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	16:26	4:58	7	2:58	42	4:43	3.30	16:26	4:58	8	2:58	15		
Rundenzeit	3.30	17:21	5:15	6	3:22	41	5:46	6.60	33:47	5:07	8	6:20	3		
Finish	3.30	17:53	5:25	8	3:44	49	6:36	9.90	51:40	5:13	7	10:04	42	17:05	