



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: 11.50 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 | |