



Detailed evaluation

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Club: SV-Germania
Number: 447

Course: 9.90 km
3 Runden 9,9 km

Category:
Senioren M30

Total time: 55:05

Speed: 9.80 km/h
Running performance: 5:34 min/km

Rank in course/Total: 62 (of 90)

Rank in course/Men: 54 (of 75)

Best time in course: 34:35

Rank in category: 11(of 15)

Best time in the category: 34:35

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	19:12	5:49	14	7:29	67	7:29	3.30	19:12	5:49	10	7:29	4	1:53
Rundenzeit	3.30	18:05	5:28	10	6:30	52	6:30	6.60	37:17	5:38	10	13:59	5	1:12
Finish	3.30	17:48	5:23	10	6:31	46	6:31	9.90	55:05	5:33	11	20:30	54	20:30