



Detailed evaluation

Lange, Lars

Club: Phoenix Solar
Number: 431

Course: 9.90 km
3 Runden 9,9 km

Category:
Senioren M45

Total time: 57:48

Speed: 9.34 km/h
Running performance: 5:50 min/km

Rank in course/Total: 68 (of 90)

Rank in course/Men: 60 (of 75)

Best time in course: 34:35

Rank in category: 8(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	17:58	5:26	8	3:58	57	6:15	3.30	17:58	5:26	8	3:50	35	0:39
Rundenzeit	3.30	19:50	6:00	9	5:33	65	8:15	6.60	37:48	5:43	8	9:23	35	1:43
Finish	3.30	20:00	6:03	8	5:37	63	8:43	9.90	57:48	5:50	8	15:00	60	23:13