



Detailed evaluation

Asche, Ronald

Club: Nordhausen
Number: 400

Course: 9.90 km
3 Runden 9,9 km

Category:
Senioren M30

Total time: 58:34

Speed: 9.22 km/h
Running performance: 5:55 min/km

Rank in course/Total: 71 (of 90)

Rank in course/Men: 63 (of 75)

Best time in course: 34:35

Rank in category: 13(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 | 19:10 | 5:48 | 13 | 7:27 | 66 | 7:27 | 3.30 | 19:10 | 5:48 | 12 | 7:27 | 32 | 1:51 |
| Rundenzeit | 3.30 | 19:26 | 5:53 | 12 | 7:51 | 61 | 7:51 | 6.60 | 38:36 | 5:50 | 12 | 15:18 | 31 | 2:31 |
| Finish | 3.30 | 19:58 | 6:03 | 13 | 8:41 | 62 | 8:41 | 9.90 | 58:34 | 5:54 | 13 | 23:59 | 63 | 23:59 |