



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: 10.14 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