



Detailed evaluation

Blanke, Ronny

Club: Plasma Service Europe GmbH
Number: 403

Course: 9.90 km
3 Runden 9,9 km

Category:
Senioren M30

Total time: 58:28

Speed: 10.16 km/h
Running performance: 5:55 min/km

Rank in course/Total: 69 (of 90)

Rank in course/Men: 61 (of 75)

Best time in course: 34:35

Rank in category: 12(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Rundenzeit	3.30	19:07	5:47	12	7:24	63	7:24	3.30	19:07	5:47	13	7:24	29	1:48
Rundenzeit	3.30	19:29	5:54	13	7:54	62	7:54	6.60	38:36	5:50	12	15:18	31	2:31
Finish	3.30	19:52	6:01	12	8:35	58	8:35	9.90	58:28	5:54	12	23:53	61	23:53