



Detailed evaluation

Hentrich, Gerald

Club: KSG-Holdenstedt/Beyernaumburg
Number: 469

Course: 9.90 km
3 Runden 9,9 km

Category:
Senioren M40

Total time: 1:03:29

Speed: 9.36 km/h
Running performance: 6:25 min/km

Rank in course/Total: 82 (of 90)

Rank in course/Men: 69 (of 75)

Best time in course: 34:35

Rank in category: 10(of 10)

Best time in the category: 41:36

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	20:47	6:17	10	7:19	70	9:04	3.30	20:47	6:17	10	7:19	26	3:28
Rundenzeit	3.30	20:52	6:19	10	6:53	69	9:17	6.60	41:39	6:18	10	14:12	26	5:34
Finish	3.30	21:50	6:36	10	7:41	70	10:33	9.90	1:03:29	6:24	10	21:53	69	28:54