



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: 8.51 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

| Control | Intermediate times | | | | Stage score | | | | Total ranking | | | | | |
|------------|--------------------|------------|--------------|----------|-------------|---------|------------|----------|---------------|--------------|----------|-------------|---------|------------|
| | 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 | 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 |