



Detailed evaluation

Wilfert, Sebastian

Club: kein Verein
Number: 463

Course: 9.90 km
3 Runden 9,9 km

Category:
Senioren M30

Total time: 1:09:31

Speed: 7.77 km/h
Running performance: 7:01 min/km

Rank in course/Total: 88 (of 90)

Rank in course/Men: 73 (of 75)

Best time in course: 34:35

Rank in category: 15(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	17:22	5:15	11	5:39	52	5:39	3.30	17:22	5:15	15	5:39	21	0:03
Rundenzeit	3.30	28:35	8:39	15	17:00	74	17:00	6.60	45:57	6:57	15	22:39	21	9:52
Finish	3.30	23:34	7:08	15	12:17	72	12:17	9.90	1:09:31	7:01	15	34:56	73	34:56