



Detailed evaluation

Rückert, Jens

Club: Arnstadt
Number: 44

Course: 42.20 km
Marathon Einzel

Category:
Männer

Total time: 4:25:02

Speed: 9.55 km/h
Running performance: 6:17 min/km

Rank in course/Total: 29 (of 49)

Rank in course/Men: 28 (of 45)

Best time in course: 3:04:14

Rank in category: 28(of 45)

Best time in the category: 3:04:14

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
nördlichster Punkt	4.59	25:03	5:27	33	6:08	33	6:08	4.59	25:03	5:27	33	6:08	33	6:08
Wechselstelle 1	5.09	30:24	5:58	32	14:02	32	14:02	9.68	55:27	5:43	32	13:57	32	13:57
Wechselstelle 2	11.40	1:12:22	6:20	32	22:33	32	22:33	21.08	2:07:49	6:03	31	36:30	31	36:30
südlichster Punkt	5.28	24:19	4:36	1	-	1	-	26.36	2:32:08	5:46	27	36:15	27	36:15
Wechselstelle 3	3.99	36:45	9:12	42	35:59	42	35:59	30.35	3:08:53	6:13	31	54:43	31	54:43
Nordpark Erfurt	12.20	1:16:09	6:14	22	26:05	22	26:05	42.20	4:25:02	6:16	28	1:20:48	28	1:20:48