



## Detailed evaluation

Lorenz, Jan

Club: Erfurt  
Number: 43

Course: 8.00 km  
Sprint

Category:  
Männer (20-29 Jahre)

Total time: 1:07:36

Speed: 7.10 km/h  
Running performance: 8:27 min/km

Rank in course/Total: 200 (of 292)

Rank in course/Men: 149 (of 192)

Best time in course: 38:15

Rank in category: 31(of 40)

Best time in the category: 38:39

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
Himmelsleiter +	-	4:54	-	33	3:32	165	3:32	-	4:54	-	33	3:32	165	3:32
Himmelsleiter +	-	5:55	-	33	3:05	169	3:05	-	10:49	-	33	6:37	163	6:37
Nordwand + Dov	-	7:35	-	35	3:08	157	3:10	-	18:24	-	32	9:45	158	9:45
Nordwand + Dov	-	2:30	-	26	0:58	120	1:02	-	20:54	-	30	10:43	151	10:43
Duckmäuser Eins	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-
Duckmäuser Aus	-	21:50	-	31	21:34	150	21:34	-	42:44	-	36	15:09	166	19:40
Pneumant Einstie	-	1:28	-	28	1:07	136	1:07	-	44:12	-	40	16:08	99	20:44
Pneumant Aussti	-	0:08	-	15	0:05	52	0:05	-	44:20	-	41	16:13	192	20:46
Heuschnupfen Ei	-	14:57	-	33	6:02	152	6:13	-	59:17	-	40	20:58	188	26:59
Heuschnupfen Ai	-	0:06	-	19	0:02	65	0:02	-	59:23	-	41	21:00	190	27:01
Schlammbowle E	-	3:26	-	34	1:31	162	1:31	-	1:02:49	-	41	22:18	189	28:31
Schlammbowle A	-	0:54	-	11	0:14	52	0:20	-	1:03:43	-	41	22:28	191	28:51
Sportplatz Mühlb	8.00	3:53	-	12	0:28	49	0:30	8.00	1:07:36	8:26	31	28:57	149	29:21