



Detailed evaluation

Pohl, Roland

Club: ohne
Number: 27

Course: 100.22 km
Einzellauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 12:29:44

Speed: 8.02 km/h
Running performance: 7:29 min/km

Rank in course/Total: 43 (of 246)

Rank in course/Men: 40 (of 215)

Best time in course: 8:53:45

Rank in category: 12(of 37)

Best time in the category: 9:49:27

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Glasbachwiese	27.39	2:51:50	6:16	12	40:53	44	40:53	27.39	2:51:50	6:16	12	40:53	44	40:53
Floh-Seligenthal	27.74	3:03:29	6:36	17	41:49	49	41:49	55.13	5:55:19	6:26	13	1:22:42	44	1:22:42
Finsterbergen	22.03	2:58:46	8:06	13	32:59	34	1:09:12	77.16	8:54:05	6:55	13	1:45:51	39	2:09:42
Fröttstädt	23.06	3:35:39	9:21	14	1:06:25	56	1:26:17	100.22	12:29:44	7:28	12	2:40:17	40	3:35:59