



Detailed evaluation

Quester, Marcus

Club: VfB Torpedo Ichtershausen
 Number: 219

Course: 10.00 km
 Hauptlauf (Profiläufer)

Category:
 Männer U40

Total time: 55:50
 Speed: 10.75 km/h
 Running performance: 5:35 min/km
 Rank in course/Total: 10 (of 27)
 Rank in course/Men: 8 (of 22)
 Best time in course: 38:31
 Rank in category: 2(of 8)
 Best time in the category: 48:07

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
Runde	5.00	25:36	5:07	2	2:49	7	7:25	5.00	25:36	5:07	2	2:49	7	7:25
Finish	5.00	30:14	6:02	3	4:54	11	9:54	10.00	55:50	5:35	2	7:43	8	17:19