



Detailed evaluation

Willing, Frank

Club: Amt Wachsenburg
 Number: 213

Course: 10.00 km
 Hauptlauf (Profiläufer)

Category:
 Männer U40

Total time: 58:47

Speed: 10.21 km/h
 Running performance: 5:53 min/km

Rank in course/Total: 13 (of 27)

Rank in course/Men: 11 (of 22)

Best time in course: 38:31

Rank in category: 3(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	5.00	29:00	5:47	5	6:13	14	10:49	5.00	29:00	5:47	5	6:13	14	10:49
Finish	5.00	29:47	5:57	2	4:27	9	9:27	10.00	58:47	5:52	3	10:40	11	20:16