



Detailed evaluation

Zaus, André

Club: 1. Angelhäuser Laufkommando
 Number: 214

Course: 10.00 km
 Hauptlauf (Profiläufer)

Category:
 Männer U45

Total time: 1:07:26

Speed: 8.90 km/h
 Running performance: 6:44 min/km

Rank in course/Total: 20 (of 27)

Rank in course/Men: 17 (of 22)

Best time in course: 38:31

Rank in category: 2(of 2)

Best time in the category: 55:30

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	29:39	5:55	2	3:22	15	11:28	5.00	29:39	5:55	2	3:22	15	11:28
Finish	5.00	37:47	7:33	2	8:34	18	17:27	10.00	1:07:26	6:44	2	11:56	17	28:55