



Detailed evaluation

EL KASSEM, Amar

Club: Erkner

Number: 1355

Course: 0.95 km

Schüler Swim & Run (10 - 13 Jahre)

Category:

weibliche Schüler B

Total time: 9:17

Speed: 6.14 km/h

Running performance: 9:46 min/km

Rank in course/Total: 18 (of 23)

Rank in course/Women: 6 (of 10)

Best time in course: 7:37

Rank in category: 4(of 7)

Best time in the category: 7:37

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.	Wome	Women	km	Time	min/km	Cat.	Cat.	Wome	Women
Schwimmen	0.15	4:22	29:06	3	0:24	5	0:24	0.15	4:22	29:06	3	0:24	5	0:24
Laufen	0.80	4:55	6:08	6	1:16	8	1:16	0.95	9:17	9:46	4	1:40	6	1:40