



Detailed evaluation

KRÜGER, Frank

Club: Erfurt
Number: 2138

Course: 26.71 km
BERSERKER

Category:
Senioren M50 (50-54 Jahre)

Total time: 3:02:23

Speed: 8.79 km/h
Running performance: 6:50 min/km

Rank in course/Total: 37 (of 205)

Rank in course/Men: 34 (of 189)

Best time in course: 2:16:04

Rank in category: 1(of 8)

Best time in the category: 3:02:23

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
Wachsenburg	7.40	46:00	6:12	1	-	32	10:34	7.40	46:00	6:12	1	-	32	10:34
Burg Gleichen	8.53	54:31	6:23	1	-	23	11:58	15.93	1:40:31	6:18	1	-	24	22:32
Mühlberg	9.97	1:06:44	6:41	1	-	40	20:15	25.90	2:47:15	6:27	1	-	35	56:17
Sportplatz Mühlb	0.81	15:08	18:40	4	2:20	94	7:19	26.71	3:02:23	6:49	1	-	42	59:08