



## Detailed evaluation

**PROCHUS, Jens**

Club: Wiesenfeld  
Number: 2180

Course: 26.71 km  
BERSERKER

Category:  
Senioren M30 (30-34 Jahre)

Total time: 3:11:51

Speed: 8.13 km/h  
Running performance: 7:11 min/km

Rank in course/Total: 54 (of 205)

Rank in course/Men: 51 (of 189)

Best time in course: 2:16:04

Rank in category: 12(of 45)

Best time in the category: 2:16:04

### 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
Wachsenburg	7.40	48:28	6:32	14	11:34	48	13:02	7.40	48:28	6:32	14	11:34	48	13:02
Burg Gleichen	8.53	58:53	6:54	14	14:50	55	16:20	15.93	1:47:21	6:44	13	26:11	49	29:22
Mühlberg	9.97	1:11:22	7:09	13	24:53	60	24:53	25.90	2:58:43	6:54	14	51:04	60	1:07:45
Sportplatz Mühlb	0.81	13:08	16:12	10	5:19	51	5:19	26.71	3:11:51	7:10	13	55:47	59	1:08:36