



Detailed evaluation

QUAASDORF, Chris

Club: Nuklear Crew
Number: 2182

Course: 26.71 km
BERSERKER

Category:
Männer (20-29 Jahre)

Total time: 3:21:18

Speed: 7.75 km/h

Running performance: 7:32 min/km

Rank in course/Total: 73 (of 205)

Rank in course/Men: 70 (of 189)

Best time in course: 2:16:04

Rank in category: 10(of 46)

Best time in the category: 2:21:26

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	56:15	7:36	27	18:34	130	20:49	7.40	56:15	7:36	27	18:34	130	20:49
Burg Gleichen	8.53	1:03:23	7:25	18	19:08	87	20:50	15.93	1:59:38	7:30	20	37:42	106	41:39
Mühlburg	9.97	1:09:05	6:55	7	17:58	50	22:36	25.90	3:08:43	7:17	13	1:04:20	80	1:17:45
Sportplatz Mühlb	0.81	12:35	15:32	6	4:12	40	4:46	26.71	3:21:18	7:32	12	1:05:55	80	1:18:03