



Detailed evaluation

BETTFFÜHR, Hendrik

Club: Bad Blankenburg
Number: 2021

Course: 26.71 km
BERSERKER

Category:
Senioren M30 (30-34 Jahre)

Total time: 3:46:07

Speed: 7.09 km/h
Running performance: 8:28 min/km

Rank in course/Total: 134 (of 205)

Rank in course/Men: 125 (of 189)

Best time in course: 2:16:04

Rank in category: 32(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	1:01:57	8:22	42	25:03	169	26:31	7.40	1:01:57	8:22	42	25:03	169	26:31
Burg Gleichen	8.53	1:14:40	8:45	42	30:37	159	32:07	15.93	2:16:37	8:34	42	55:27	166	58:38
Mühlberg	9.97	1:14:38	7:29	14	28:09	65	28:09	25.90	3:31:15	8:09	35	1:23:36	140	1:40:17
Sportplatz Mühlb	0.81	14:52	18:21	20	7:03	86	7:03	26.71	3:46:07	8:27	35	1:30:03	135	1:42:52