



Detailed evaluation

RATZ, Manuel

Club: Rauhenebrach
Number: 2184

Course: 26.71 km
BERSERKER

Category:
Senioren M35 (35-39 Jahre)

Total time: 3:45:59

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

Rank in course/Total: 133 (of 205)

Rank in course/Men: 124 (of 189)

Best time in course: 2:16:04

Rank in category: 26(of 39)

Best time in the category: 2:21:03

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Wachsenburg	7.40	53:40	7:15	19	16:46	100	18:14	7.40	53:40	7:15	19	16:46	100	18:14
Burg Gleichen	8.53	1:05:38	7:41	20	20:59	110	23:05	15.93	1:59:18	7:29	20	37:45	104	41:19
Mühlberg	9.97	1:29:34	8:59	33	38:59	153	43:05	25.90	3:28:52	8:03	27	1:16:44	133	1:37:54
Sportplatz Mühlb	0.81	17:07	21:07	27	9:10	130	9:18	26.71	3:45:59	8:27	27	1:24:56	134	1:42:44