



Detailed evaluation

LÜHR, Jan Hendrik

Club: Altersbach
Number: 2248

Course: 26.71 km
BERSERKER

Category:
Männer (20-29 Jahre)

Total time: 4:02:21

Speed: 6.61 km/h
Running performance: 9:04 min/km

Rank in course/Total: 170 (of 205)

Rank in course/Men: 159 (of 189)

Best time in course: 2:16:04

Rank in category: 35(of 46)

Best time in the category: 2:21:26

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	58:23	7:53	37	20:42	153	22:57	7.40	58:23	7:53	37	20:42	153	22:57
Burg Gleichen	8.53	1:10:49	8:18	35	26:34	150	28:16	15.93	2:09:12	8:06	36	47:16	152	51:13
Mühlberg	9.97	1:35:15	9:33	37	44:08	171	48:46	25.90	3:44:27	8:39	38	1:40:04	169	1:53:29
Sportplatz Mühlb	0.81	17:54	22:05	32	9:31	145	10:05	26.71	4:02:21	9:04	37	1:46:58	170	1:59:06