



Detailed evaluation

LENK, Kay

Club: Reinsdorf
Number: 2143

Course: 26.71 km
BERSERKER

Category:
Senioren M45 (45-49 Jahre)

Total time: 4:00:59

Speed: 6.47 km/h
Running performance: 9:01 min/km

Rank in course/Total: 168 (of 205)

Rank in course/Men: 157 (of 189)

Best time in course: 2:16:04

Rank in category: 18(of 19)

Best time in the category: 2:45:51

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	58:48	7:56	18	13:22	156	23:22	7.40	58:48	7:56	18	13:22	156	23:22
Burg Gleichen	8.53	1:15:26	8:50	18	29:15	162	32:53	15.93	2:14:14	8:25	17	42:37	156	56:15
Mühlburg	9.97	1:26:41	8:41	19	26:04	139	40:12	25.90	3:40:55	8:31	19	1:49:57	164	1:49:57
Sportplatz Mühlb	0.81	20:04	24:46	19	11:12	167	12:15	26.71	4:00:59	9:01	19	1:57:44	168	1:57:44