



Detailed evaluation

FROMM, Sebastian

Club: Leinefelde-Worbis
Number: 1082

Course: 16.78 km
EXPERT

Category:
Senioren M35 (35-39 Jahre)

Total time: 2:06:53

Speed: 7.93 km/h
Running performance: 7:34 min/km

Rank in course/Total: 129 (of 416)

Rank in course/Men: 121 (of 341)

Best time in course: 1:17:13

Rank in category: 31(of 75)

Best time in the category: 1:31:22

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 | 49:37 | 6:42 | 20 | 12:16 | 82 | 17:20 | 7.40 | 49:37 | 6:42 | 20 | 12:16 | 82 | 17:20 |
| Mühlburg | 8.57 | 1:04:27 | 7:31 | 38 | 18:23 | 148 | 26:43 | 15.97 | 1:54:04 | 7:08 | 28 | 30:39 | 114 | 44:01 |
| Sportplatz Mühlb | 0.81 | 12:49 | 15:49 | 39 | 4:52 | 156 | 5:39 | 16.78 | 2:06:53 | 7:33 | 31 | 35:31 | 123 | 49:40 |