



Detailed evaluation

KOSCHNAK, Jürgen

Club: Weimar
Number: 1199

Course: 16.78 km
EXPERT

Category:
Senioren M35 (35-39 Jahre)

Total time: 2:09:03

Speed: 7.44 km/h
Running performance: 7:41 min/km

Rank in course/Total: 144 (of 416)

Rank in course/Men: 134 (of 341)

Best time in course: 1:17:13

Rank in category: 35(of 75)

Best time in the category: 1:31:22

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	52:57	7:09	31	15:36	125	20:40	7.40	52:57	7:09	31	15:36	125	20:40
Mühlburg	8.57	1:03:11	7:22	34	17:07	136	25:27	15.97	1:56:08	7:16	33	32:43	130	46:05
Sportplatz Mühlb	0.81	12:55	15:56	40	4:58	160	5:45	16.78	2:09:03	7:41	35	37:41	137	51:50