



Detailed evaluation

QUADRAT, Stefan

Club: Isernhagen
Number: 1293

Course: 16.78 km
EXPERT

Category:
Senioren M30 (30-34 Jahre)

Total time: 2:11:42

Speed: 7.29 km/h
Running performance: 7:51 min/km

Rank in course/Total: 163 (of 416)

Rank in course/Men: 152 (of 341)

Best time in course: 1:17:13

Rank in category: 36(of 75)

Best time in the category: 1:17:18

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	53:27	7:13	32	21:10	134	21:10	7.40	53:27	7:13	32	21:10	134	21:10
Mühlburg	8.57	1:04:51	7:34	37	27:03	152	27:07	15.97	1:58:18	7:24	34	48:13	145	48:15
Sportplatz Mühlb	0.81	13:24	16:32	43	6:11	181	6:14	16.78	2:11:42	7:50	36	54:24	155	54:29