



Detailed evaluation

RAUHE, Marco

Club: Bleicherode
Number: 488

Course: 9.50 km
SPRINT

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:13:31

Speed: 7.35 km/h
Running performance: 7:44 min/km

Rank in course/Total: 148 (of 673)

Rank in course/Men: 120 (of 411)

Best time in course: 43:20

Rank in category: 17(of 54)

Best time in the category: 52:18

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
Mühlburg	8.69	1:01:23	7:03	16	17:01	115	24:14	8.69	1:01:23	7:03	16	17:01	115	24:14
Sportplatz Mühlb	0.81	12:08	14:58	21	4:12	152	5:57	9.50	1:13:31	7:44	17	21:13	120	30:11