



## Detailed evaluation

**LENK, Torsten**

Club: Gera

Number: 1218

Course: 16.78 km

EXPERT

Category:

Senioren M45 (45-49 Jahre)

Total time: 2:11:43

Speed: 7.64 km/h

Running performance: 7:51 min/km

Rank in course/Total: 164 (of 416)

Rank in course/Men: 153 (of 341)

Best time in course: 1:17:13

Rank in category: 17(of 35)

Best time in the category: 1:49:11

### 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	13	8:12	134	21:10	7.40	53:27	7:13	13	8:12	134	21:10
Mühlburg	8.57	1:04:52	7:34	17	10:52	153	27:08	15.97	1:58:19	7:24	16	19:04	146	48:16
Sportplatz Mühlb	0.81	13:24	16:32	19	3:44	181	6:14	16.78	2:11:43	7:50	17	22:32	156	54:30