



Detailed evaluation

GUDER, Steffen

Club: Bleicherode
Number: 194

Course: 9.50 km
SPRINT

Category:
Senioren M55 (55-59 Jahre)

Total time: 1:18:21

Speed: 6.89 km/h
Running performance: 8:15 min/km

Rank in course/Total: 218 (of 673)

Rank in course/Men: 174 (of 411)

Best time in course: 43:20

Rank in category: 1(of 5)

Best time in the category: 1:18:21

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
Mühlburg	8.69	1:05:24	7:31	1	-	175	28:15	8.69	1:05:24	7:31	1	-	175	28:15
Sportplatz Mühlb	0.81	12:57	15:59	1	-	189	6:46	9.50	1:18:21	8:14	1	-	174	35:01