



Detailed evaluation

MERKT, Frederik

Club: Thronräuber
Number: 1245

Course: 16.78 km
EXPERT

Category:
Senioren M35 (35-39 Jahre)

Total time: 2:29:05

Speed: 6.75 km/h
Running performance: 8:53 min/km

Rank in course/Total: 253 (of 416)

Rank in course/Men: 226 (of 341)

Best time in course: 1:17:13

Rank in category: 51(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	59:05	7:59	49	21:44	222	26:48	7.40	59:05	7:59	49	21:44	222	26:48
Mühlburg	8.57	1:15:16	8:46	52	29:12	235	37:32	15.97	2:14:21	8:24	51	50:56	230	1:04:18
Sportplatz Mühlb	0.81	14:44	18:11	47	6:47	215	7:34	16.78	2:29:05	8:53	51	57:43	229	1:11:52