



Detailed evaluation

MALZAHN, Kai

Club: Meiningen
Number: 2152

Course: 26.71 km
BERSERKER

Category:
Senioren M35 (35-39 Jahre)

Total time: 2:36:06

Speed: 9.99 km/h
Running performance: 5:50 min/km

Rank in course/Total: 10 (of 205)

Rank in course/Men: 10 (of 189)

Best time in course: 2:16:04

Rank in category: 4(of 39)

Best time in the category: 2:21:03

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
Wachsenburg	7.40	40:59	5:32	3	4:05	10	5:33	7.40	40:59	5:32	3	4:05	10	5:33
Burg Gleichen	8.53	48:30	5:41	3	3:51	10	5:57	15.93	1:29:29	5:37	3	7:56	9	11:30
Mühlburg	9.97	57:20	5:45	5	6:45	11	10:51	25.90	2:26:49	5:40	4	14:41	17	35:51
Sportplatz Mühlb	0.81	9:17	11:27	5	1:20	9	1:28	26.71	2:36:06	5:50	4	15:03	16	32:51