



Detailed evaluation

LANG, Sebastian

Club: Erfurt
Number: 364

Course: 9.50 km
SPRINT

Category:
Senioren M35 (35-39 Jahre)

Total time: 1:42:32

Speed: 5.27 km/h
Running performance: 10:47 min/km

Rank in course/Total: 558 (of 673)

Rank in course/Men: 362 (of 411)

Best time in course: 43:20

Rank in category: 73(of 86)

Best time in the category: 56:39

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
Mühlberg	8.69	1:23:49	9:38	73	36:58	360	46:40	8.69	1:23:49	9:38	73	36:58	360	46:40
Sportplatz Mühlb	0.81	18:43	23:06	75	9:59	367	12:32	9.50	1:42:32	10:47	73	45:53	362	59:12