



Detailed evaluation

FRÖHLICH, Rainer

Club: AP Racing Team
Number: 150

Course: 9.50 km
SPRINT

Category:
Senioren M55 (55-59 Jahre)

Total time: 1:39:26

Speed: 5.43 km/h
Running performance: 10:28 min/km

Rank in course/Total: 526 (of 673)

Rank in course/Men: 350 (of 411)

Best time in course: 43:20

Rank in category: 5(of 5)

Best time in the category: 1:18:21

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	1:21:23	9:21	5	15:59	344	44:14	8.69	1:21:23	9:21	5	15:59	344	44:14
Sportplatz Mühlb	0.81	18:03	22:17	5	5:06	350	11:52	9.50	1:39:26	10:28	5	21:05	350	56:06