



Detailed evaluation

SCHWANENGEL, Sebastian

Club: Erfurt
Number: 593

Course: 9.50 km
SPRINT

Category:
Senioren M35 (35-39 Jahre)

Total time: 1:39:08

Speed: 5.75 km/h
Running performance: 10:26 min/km

Rank in course/Total: 525 (of 673)

Rank in course/Men: 349 (of 411)

Best time in course: 43:20

Rank in category: 70(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	1:23:00	9:33	71	36:09	352	45:51	8.69	1:23:00	9:33	71	36:09	352	45:51
Sportplatz Mühlb	0.81	16:08	19:55	56	7:24	300	9:57	9.50	1:39:08	10:26	70	42:29	349	55:48