



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: 5.45 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 |