



Detailed evaluation

PFEUFER, Frank

Club: Ahorn
Number: 1280

Course: 16.78 km
EXPERT

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:51:34

Speed: 5.60 km/h
Running performance: 10:13 min/km

Rank in course/Total: 369 (of 416)

Rank in course/Men: 304 (of 341)

Best time in course: 1:17:13

Rank in category: 34(of 35)

Best time in the category: 1:49:11

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men	
								km	Time	min/km	Pos	Behind	Pos					Behind
Wachsenburg	7.40	1:04:26	8:42	34	19:11	293	32:09	7.40	1:04:26	8:42	34	19:11	293	32:09				
Mühlburg	8.57	1:26:20	10:04	34	32:20	300	48:36	15.97	2:30:46	9:26	34	51:31	296	1:20:43				
Sportplatz Mühlb	0.81	20:48	25:40	35	11:08	317	13:38	16.78	2:51:34	10:13	34	1:02:23	308	1:34:21				