



Detailed evaluation

Kiefer, Jan

Club: Meddys LWT
Number: 171

Course: 100.22 km
100 Kilometer

Category:
Senioren M50 (50-54 Jahre)

Total time: 12:39:02

Speed: 7.90 km/h
Running performance: 7:34 min/km

Rank in course/Total: 92 (of 248)

Rank in course/Men: 81 (of 203)

Best time in course: 8:37:32

Rank in category: 15(of 46)

Best time in the category: 10:20:45

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
Glasbachwiese	27.39	3:02:59	6:40	8	21:45	52	35:30	27.39	3:02:59	6:40	8	21:45	52	35:30
Floh-Seligenthal	27.74	3:02:20	6:34	7	17:55	41	30:57	55.13	6:05:19	6:37	9	51:03	61	1:27:58
Finsterbergen	22.03	3:07:44	8:31	20	37:06	97	1:08:45	77.16	9:13:03	7:10	12	1:24:54	68	2:35:28
Fröttstädt	23.06	3:25:59	8:55	25	53:23	112	1:26:02	100.22	12:39:02	7:34	15	2:18:17	81	4:01:30