



Detailed evaluation

Giesen, Frank

Club: Laufwerk Hamburg e.V.
Number: 104

Course: 100.22 km
100 Kilometer

Category:

Senioren M45 (45-49 Jahre)

Total time: 10:31:05

Speed: 9.51 km/h

Running performance: 6:18 min/km

Rank in course/Total: 20 (of 248)

Rank in course/Men: 20 (of 203)

Best time in course: 8:37:32

Rank in category: 6(of 40)

Best time in the category: 9:31:18

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Glasbachwiese	27.39	2:40:40	5:51	2	6:50	9	13:11	27.39	2:40:40	5:51	2	6:50	9	13:11
Floh-Seligenthal	27.74	2:48:31	6:04	3	17:08	13	17:08	55.13	5:29:11	5:58	7	27:01	21	51:50
Finsterbergen	22.03	2:28:31	6:44	5	17:27	17	29:32	77.16	7:57:42	6:11	6	41:25	20	1:20:07
Fröttstädt	23.06	2:33:23	6:39	4	18:22	18	33:26	100.22	10:31:05	6:17	6	59:47	20	1:53:33