



Detailed evaluation

Scherbe, Ralf

Club: SSV-MG-Ahlsdorf
Number: 180

Course: 100.22 km
100 Kilometer

Category:

Senioren M45 (45-49 Jahre)

Total time: 12:34:22

Speed: 7.97 km/h

Running performance: 7:32 min/km

Rank in course/Total: 88 (of 248)

Rank in course/Men: 77 (of 203)

Best time in course: 8:37:32

Rank in category: 20(of 40)

Best time in the category: 9:31:18

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	3:18:07	7:13	22	44:17	88	50:38	27.39	3:18:07	7:13	22	44:17	88	50:38
Floh-Seligenthal	27.74	3:15:49	7:03	16	44:26	68	44:26	55.13	6:33:56	7:08	26	1:31:46	97	1:56:35
Finsterbergen	22.03	2:55:09	7:57	15	44:05	60	56:10	77.16	9:29:05	7:22	23	2:12:48	84	2:51:30
Fröttstädt	23.06	3:05:17	8:02	17	50:16	70	1:05:20	100.22	12:34:22	7:31	20	3:03:04	77	3:56:50