



Detailed evaluation

Flock, Peter

Club: Lauffeuer Fröttstädt e.V.
Number: 255

Course: 100.22 km
100 Kilometer

Category:
Senioren M45 (45-49 Jahre)

Total time: 10:45:25

Speed: 9.32 km/h
Running performance: 6:26 min/km

Rank in course/Total: 21 (of 246)

Rank in course/Men: 21 (of 211)

Best time in course: 8:32:51

Rank in category: 4(of 38)

Best time in the category: 10:14:12

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	2:40:02	5:50	3	2:28	19	18:16	27.39	2:40:02	5:50	3	2:28	19	18:16
Floh-Seligenthal	27.74	2:46:17	5:59	4	11:25	24	24:04	55.13	5:26:19	5:55	5	13:41	23	58:58
Finsterbergen	22.03	2:37:54	7:10	4	12:04	24	40:27	77.16	8:04:13	6:16	4	25:45	19	1:35:13
Fröttstädt	23.06	2:41:12	6:59	3	5:28	22	43:05	100.22	10:45:25	6:26	4	31:13	21	2:12:34