



Detailed evaluation

Langat, Geoffrey

Total time: 21:25.93

Club: Amani Project

Number: 8

Grinduro

Rank in course: 6 (of 268)

Best time in course: 18:44.51

Category:

Rank in category: 3(of 8)

Pro Men

Best time in the category: 18:44.51

Intermediate times				Stage score		Total ranking				
Control	Split Time	Pos Cat.	Behind Cat.	Pos Total	Behind Total	Total Time	Pos Cat.	Behind Cat.	Pos Total	Behind Total
Stage 1	6:08.73	5	1:07.18	9	1:07.18	6:08.73	5	1:07.18	9	1:07.18
Stage 2	5:59.00	2	0:23.64	3	0:23.64	12:07.73	3	1:30.82	6	1:30.82
Stage 3	2:45.30	5	0:33.42	13	0:33.42	14:53.03	3	2:04.24	6	2:04.24
Stage 4	6:32.90	3	0:37.18	6	0:37.18	21:25.93	3	2:41.42	6	2:41.42