



Detailed evaluation

Sammy Schwentke

Club: RSV Frankenberg

Number: 102

Course: 3.30 km/Lap

Rennen 5.1 (Jedermann m/w ab U17 ohne Lizenz & ab U19 mit Lizenz)

Category:

Jedermann m (ab 40)

Total time: 1:10:16

Speed: 16.91 km/h

Running performance: 3:32 min/km

Laps: 6 (19.8 km / 540 hm)

Rank in course/Men: 11 (of 23)

Rank in category: 5(of 8)

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
Lap 1	3.30	12:17	3:43	5	1:32	17	5:29	3.30	12:17	3:43	5	1:32	17	5:29
Lap 2	3.30	10:53	3:17	4	1:11	10	1:11	6.60	23:10	3:30	5	1:34	12	3:58
Lap 3	3.30	11:34	3:30	5	1:42	11	1:56	9.90	34:44	3:30	4	3:16	11	5:54
Lap 4	3.30	11:41	3:32	5	1:46	10	1:55	13.20	46:25	3:30	4	5:02	11	7:49
Lap 5	3.30	11:38	3:31	5	1:29	11	2:00	16.50	58:03	3:31	5	6:31	11	9:49
Lap 6	3.30	12:13	3:42	5	1:53	11	2:33	19.80	1:10:16	3:32	5	8:24	11	12:22