



Detailed evaluation

Jan Heinemann

Club: 1. SSV Saalfeld, Freie Fröbelschule Keilhau
Number: 423

Course: 1.60 km/Lap
Rennen 4 (U15 m/w)

Category:

U15 männlich

Total time: 32:00

Speed: 16.88 km/h

Running performance: 3:19 min/km

Laps: 6 (9.6 km / 360 hm)

Rank in course/Men: 13 (of 18)

Rank in category: 13(of 18)

Intermediate times

Stage score

Total ranking

| Control | Split km | Split Time | Split min/km | Pos Cat. | Behind Cat. | Stage score | | Total | | Pos Cat. | Behind Cat. | Total ranking | | |
|---------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|-------|-------|-------------|----------------|---------------|------------|---------------|
| | | | | | | Pos Men | Behind Men | km | Time | | | min/km | Pos Men | Behind Men |
| Lap 1 | 1.60 | 5:27 | 3:24 | 10 | 0:34 | 10 | 0:34 | 1.60 | 5:27 | 3:24 | 10 | 0:34 | 10 | 0:34 |
| Lap 2 | 1.60 | 5:08 | 3:12 | 13 | 0:45 | 13 | 0:45 | 3.20 | 10:35 | 3:18 | 11 | 1:19 | 11 | 1:19 |
| Lap 3 | 1.60 | 5:17 | 3:18 | 11 | 1:00 | 11 | 1:00 | 4.80 | 15:52 | 3:18 | 11 | 2:19 | 11 | 2:19 |
| Lap 4 | 1.60 | 5:16 | 3:17 | 11 | 0:58 | 11 | 0:58 | 6.40 | 21:08 | 3:18 | 12 | 3:17 | 12 | 3:17 |
| Lap 5 | 1.60 | 5:22 | 3:21 | 12 | 1:00 | 12 | 1:00 | 8.00 | 26:30 | 3:18 | 12 | 4:17 | 12 | 4:17 |
| Lap 6 | 1.60 | 5:30 | 3:26 | 13 | 1:05 | 13 | 1:05 | 9.60 | 32:00 | 3:19 | 13 | 5:22 | 13 | 5:22 |