



Detailed evaluation

ACKERMAN, Paul

Total time: 30:09.94

Number: 100

SES 100

Rank in course: 169 (of 257)

Best time in course: 22:41.74

Category:

Rank in category: 13(of 28)

MEN MASTER 45+

Best time in the category: 25:00.78

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	7:27.41	14	1:27.78	186	2:04.06	7:27.41	14	1:27.78	186	2:04.06
Stage 2	7:35.78	13	0:55.08	179	1:23.95	15:03.19	13	2:22.86	179	3:23.36
Stage 3	3:27.50	13	0:35.63	176	0:53.67	18:30.69	13	2:58.49	175	4:17.03
Stage 4	4:31.80	15	1:04.13	178	1:26.95	23:02.49	13	4:02.62	173	5:38.88
Stage 5	7:07.45	14	1:06.54	168	1:49.32	30:09.94	13	5:09.16	169	7:28.20