



Detailed evaluation

Amling, Stefan

Club: Poker-, Rommè- und Kegelclub
Number: 2

Course: 12.70 km
12,7 km-Lauf

Category:
Senioren M40 (40-44)

Total time: 1:16:45

Speed: 9.38 km/h
Running performance: 6:02 min/km

Rank in course/Total: 42 (of 96)

Rank in course/Men: 35 (of 64)

Best time in course: 51:31

Rank in category: 13(of 20)

Best time in the category: 1:00:55

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
Zwischenzeit	6.80	42:50	6:17	11	8:22	32	13:17	6.80	42:50	6:17	11	8:22	32	13:17
Finish	6.80	33:55	4:59	14	7:40	39	11:57	12.70	1:16:45	6:02	13	15:50	35	25:14