



Detailed evaluation

Spittel, Frank Michael

Club: TRCT Racing Team
Number: 84

Course: 12.70 km
12,7 km-Lauf

Category:
Senioren M45 (45-49)

Total time: 1:26:03

Speed: 8.37 km/h
Running performance: 6:47 min/km

Rank in course/Total: 66 (of 96)

Rank in course/Men: 48 (of 64)

Best time in course: 51:31

Rank in category: 7(of 7)

Best time in the category: 53:53

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	49:19	7:15	7	18:32	47	19:46	6.80	49:19	7:15	7	18:32	47	19:46
Finish	6.80	36:44	5:24	7	13:38	50	14:46	12.70	1:26:03	6:46	7	32:10	48	34:32