



## Detailed evaluation

**Zak, Marcin**

Club: Bad Tabarz  
Number: 97

Course: 12.70 km  
12,7 km-Lauf

Category:  
Senioren M55 (55-59)

Total time: 1:35:22

Speed: 7.55 km/h  
Running performance: 7:31 min/km

Rank in course/Total: 79 (of 96)

Rank in course/Men: 56 (of 64)

Best time in course: 51:31

Rank in category: 3(of 4)

Best time in the category: 1:13:59

### Intermediate times

### Stage score

### Total ranking

| Control      | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|--------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|              |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| Zwischenzeit | 6.80        | 55:56         | 8:13            | 3           | 13:14          | 56          | 26:23         | 6.80          | 55:56         | 8:13            | 3           | 13:14          | 56         | 26:23         |
| Finish       | 6.80        | 39:26         | 5:47            | 3           | 8:09           | 55          | 17:28         | 12.70         | 1:35:22       | 7:30            | 3           | 21:23          | 56         | 43:51         |