



## Detailed evaluation

Lis, Szczepan

Club: Pol

Number: 42

Course: 12.70 km

12,7 km-Lauf

Category:

Senioren M40 (40-44)

Total time: 1:36:42

Speed: 7.45 km/h

Running performance: 7:37 min/km

Rank in course/Total: 82 (of 96)

Rank in course/Men: 58 (of 64)

Best time in course: 51:31

Rank in category: 19(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	56:02	8:14	19	21:34	58	26:29	6.80	56:02	8:14	19	21:34	58	26:29
Finish	6.80	40:40	5:58	19	14:25	59	18:42	12.70	1:36:42	7:36	19	35:47	58	45:11