



Detailed evaluation

Abraham, Daniel

Number: 1

Course: 12.70 km
12,7 km-Lauf

Category:
Senioren M45 (45-49)

Total time: 58:53

Speed: 12.94 km/h

Running performance: 4:38 min/km

Rank in course/Total: 7 (of 96)

Rank in course/Men: 6 (of 64)

Best time in course: 51:31

Rank in category: 2(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	33:51	4:58	2	3:04	6	4:18	6.80	33:51	4:58	2	3:04	6	4:18
Finish	6.80	25:02	3:40	2	1:56	6	3:04	12.70	58:53	4:38	2	5:00	6	7:22