



Detailed evaluation

Löchner, Jens

Club: Spontan Runners
Number: 45

Course: 12.70 km
12,7 km-Lauf

Category:
Senioren M40 (40-44)

Total time: 1:09:11

Speed: 11.01 km/h
Running performance: 5:27 min/km

Rank in course/Total: 18 (of 96)

Rank in course/Men: 17 (of 64)

Best time in course: 51:31

Rank in category: 5(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	40:22	5:56	5	5:54	19	10:49	6.80	40:22	5:56	5	5:54	19	10:49
Finish	6.80	28:49	4:14	6	2:34	18	6:51	12.70	1:09:11	5:26	5	8:16	17	17:40