



Detailed evaluation

Lautscham, Stefan

Club: TRCT

Number: 38

Course: 12.70 km

12,7 km-Lauf

Category:

Senioren M40 (40-44)

Total time: 1:10:18

Speed: 10.84 km/h

Running performance: 5:32 min/km

Rank in course/Total: 23 (of 96)

Rank in course/Men: 20 (of 64)

Best time in course: 51:31

Rank in category: 6(of 20)

Best time in the category: 1:00:55

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Zwischenzeit	6.80	41:42	6:07	7	7:14	23	12:09	6.80	41:42	6:07	7	7:14	23	12:09
Finish	6.80	28:36	4:12	5	2:21	17	6:38	12.70	1:10:18	5:32	6	9:23	20	18:47