



Detailed evaluation

Steingräber, Frederick

Club: Luisenthaler SV
Number: 103

Course: 12.70 km
12,7 km-Lauf

Category:
Männer (20-29)

Total time: 1:11:11

Speed: 10.11 km/h
Running performance: 5:36 min/km

Rank in course/Total: 26 (of 96)

Rank in course/Men: 22 (of 64)

Best time in course: 51:31

Rank in category: 3(of 5)

Best time in the category: 54:29

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	41:22	6:05	3	9:41	21	11:49	6.80	41:22	6:05	3	9:41	21	11:49
Finish	6.80	29:49	4:23	3	7:01	20	7:51	12.70	1:11:11	5:36	3	16:42	22	19:40