



Detailed evaluation

Offhaus, Tobias

Club: Kommunikation und Entwicklung . Support
Number: 54

Course: 12.70 km
12,7 km-Lauf

Category:
Senioren M40 (40-44)

Total time: 1:13:20

Speed: 9.82 km/h
Running performance: 5:46 min/km

Rank in course/Total: 32 (of 96)

Rank in course/Men: 27 (of 64)

Best time in course: 51:31

Rank in category: 10(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	43:30	6:23	12	9:02	35	13:57	6.80	43:30	6:23	12	9:02	35	13:57
Finish	6.80	29:50	4:23	7	3:35	21	7:52	12.70	1:13:20	5:46	10	12:25	27	21:49