



Detailed evaluation

Titze, Jörg

Club: Suhl

Number: 99

Course: 12.70 km

12,7 km-Lauf

Category:

Senioren M45 (45-49)

Total time: 1:13:34

Speed: 9.79 km/h

Running performance: 5:47 min/km

Rank in course/Total: 33 (of 96)

Rank in course/Men: 28 (of 64)

Best time in course: 51:31

Rank in category: 6(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	42:54	6:18	6	12:07	33	13:21	6.80	42:54	6:18	6	12:07	33	13:21
Finish	6.80	30:40	4:30	5	7:34	28	8:42	12.70	1:13:34	5:47	6	19:41	28	22:03