



Detailed evaluation

Ralf Näther

Club: SWE Laufteams

Number: 153

Course: 8.00 km

8 km Lauf

Category:

Männer (20-29 Jahre) 8

Total time: 34:18

Speed: 13.99 km/h

Running performance: 4:17 min/km

Rank in course/Total: 8 (of 67)

Rank in course/Men: 8 (of 39)

Best time in course: 26:26

Rank in category: 4(of 7)

Best time in the category: 28:29

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total			Pos		Behind	
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Zwischenzeit I	-	4:14	-	5	0:49	10	0:59	-	4:14	-	5	0:49	10	0:59
Zwischenzeit I	-	17:02	-	4	2:58	6	3:53	-	21:16	-	4	3:47	7	4:52
Finish	-	13:02	-	4	2:02	8	3:00	8.00	34:18	-	4	5:49	8	7:52