



## Detailed evaluation

**Jonas Laades**

Club: SSV Erfuer Nord  
Number: 82

Course: 4.50 km  
Jedermann

Category:  
männliche Jugend U14 (12-13)

Total time: 22:01

Speed: 10.90 km/h  
Running performance: 4:53 min/km

Rank in course/Total: 50 (of 63)

Rank in course/Men: 31 (of 37)

Best time in course: 13:48

Rank in category: 10(of 10)

Best time in the category: 16:51

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Pos Cat.	Behind Cat.	Total ranking		
						Pos Men	Behind Men	Total km	Total Time			Total min/km	Pos Men	Behind Men
Zwischenzeit I	-	14:41	-	10	3:05	31	5:05	-	14:41	-	10	3:05	31	5:05
Finish	-	7:20	-	10	2:05	34	3:08	4.50	22:01	-	10	5:10	31	8:13