



Detailed evaluation

Siu Hin Lau

Number: 26

Course: 4.50 km
Jedermann

Category:
Senioren M30 (30-34) J

Total time: 13:52

Speed: 19.47 km/h

Running performance: 3:04 min/km

Rank in course/Total: 2 (of 63)

Rank in course/Men: 2 (of 37)

Best time in course: 13:48

Rank in category: 1(of 1)

Best time in the category: 13:52

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Zwischenzeit I	-	9:37	-	1	-	2	0:01	-	9:37	-	1	-	2	0:01
Finish	-	4:15	-	1	-	2	0:03	4.50	13:52	-	1	-	2	0:04