



Detailed evaluation

Ingo Rasch

Number: 73

Course: 4.50 km
Jedermann

Category:
Senioren M55 (55-59) J

Total time: 20:51

Speed: 12.95 km/h

Running performance: 4:38 min/km

Rank in course/Total: 38 (of 63)

Rank in course/Men: 26 (of 37)

Best time in course: 13:48

Rank in category: 1(of 3)

Best time in the category: 20:51

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	-	14:12	-	1	-	26	4:36	-	14:12	-	1	-	26	4:36
Finish	-	6:39	-	1	-	27	2:27	4.50	20:51	-	1	-	26	7:03