



Detailed evaluation

Alexander Möller

Club: SSV Erfurt Nord e.V.
Number: 151

Course: 8.00 km
8 km Lauf

Category:
Senioren M30 (30-34) 8

Total time: 47:33

Speed: 10.09 km/h
Running performance: 5:56 min/km

Rank in course/Total: 58 (of 67)

Rank in course/Men: 32 (of 39)

Best time in course: 26:26

Rank in category: 2(of 3)

Best time in the category: 38:54

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 | - | 5:24 | - | 2 | 0:06 | 28 | 2:09 | - | 5:24 | - | 2 | 0:06 | 28 | 2:09 |
| Zwischenzeit I | - | 23:11 | - | 2 | 3:40 | 33 | 10:02 | - | 28:35 | - | 2 | 3:46 | 31 | 12:11 |
| Finish | - | 18:58 | - | 2 | 4:53 | 32 | 8:56 | 8.00 | 47:33 | - | 2 | 8:39 | 32 | 21:07 |