



Detailed evaluation

Tino Bräske

Club: Rennsteiglaufverein
Number: 90

Course: 8.00 km
8 km Lauf

Category:
Senioren M40 (40-44) 8

Total time: 43:03

Speed: 11.15 km/h
Running performance: 5:22 min/km

Rank in course/Total: 42 (of 67)

Rank in course/Men: 26 (of 39)

Best time in course: 26:26

Rank in category: 3(of 6)

Best time in the category: 32:30

Control	Intermediate times					Stage score				Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Zwischenzeit I	-	5:03	-	3	1:11	24	1:48	-	5:03	-	3	1:11	24	1:48	
Zwischenzeit I	-	21:17	-	3	5:07	26	8:08	-	26:20	-	3	6:18	26	9:56	
Finish	-	16:43	-	4	4:15	28	6:41	8.00	43:03	-	3	10:33	26	16:37	