



Detailed evaluation

Stefan Krannich

Club: LAV Elstertal Bad Köstritz e.V.

Number: 140

Course: 8.00 km

8 km Lauf

Category:

Senioren M40 (40-44) 8

Total time: 43:41

Speed: 10.99 km/h

Running performance: 5:27 min/km

Rank in course/Total: 44 (of 67)

Rank in course/Men: 28 (of 39)

Best time in course: 26:26

Rank in category: 4(of 6)

Best time in the category: 32:30

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total			Total ranking			
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Zwischenzeit I	-	5:17	-	4	1:25	26	2:02	-	5:17	-	4	1:25	26	2:02
Zwischenzeit I	-	21:47	-	4	5:37	28	8:38	-	27:04	-	4	7:02	28	10:40
Finish	-	16:37	-	3	4:09	27	6:35	8.00	43:41	-	4	11:11	28	17:15