



Detailed evaluation

Martin Volkmann

Number: 174

Course: 8.00 km
8 km Lauf

Category:
Senioren M40 (40-44) 8

Total time: 54:44

Speed: 8.77 km/h

Running performance: 6:50 min/km

Rank in course/Total: 62 (of 67)

Rank in course/Men: 35 (of 39)

Best time in course: 26:26

Rank in category: 6(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	-	6:57	-	6	3:05	37	3:42	-	6:57	-	6	3:05	37	3:42
Zwischenzeit I	-	26:27	-	6	10:17	35	13:18	-	33:24	-	6	13:22	35	17:00
Finish	-	21:20	-	6	8:52	35	11:18	8.00	54:44	-	6	22:14	35	28:18