



Detailed evaluation

Manuel Schwuchow

Club: Team Erdinger Active

Number: 167

Course: 8.00 km

8 km Lauf

Category:

Senioren M45 (45-49) 8

Total time: 42:03

Speed: 11.41 km/h

Running performance: 5:15 min/km

Rank in course/Total: 39 (of 67)

Rank in course/Men: 25 (of 39)

Best time in course: 26:26

Rank in category: 4(of 5)

Best time in the category: 36:23

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Zwischenzeit I	-	5:10	-	4	0:36	25	1:55	-	5:10	-	4	0:36	25	1:55
Zwischenzeit I	-	21:00	-	4	3:05	25	7:51	-	26:10	-	4	3:30	25	9:46
Finish	-	15:53	-	3	2:10	22	5:51	8.00	42:03	-	4	5:40	25	15:37