



Detailed evaluation

Bernhard Windisch

Number: 83

Course: 8.00 km
8 km Lauf

Category:
Senioren M45 (45-49) 8

Total time: 47:15

Speed: 10.16 km/h

Running performance: 5:54 min/km

Rank in course/Total: 56 (of 67)

Rank in course/Men: 31 (of 39)

Best time in course: 26:26

Rank in category: 5(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 | | Total min/km | Pos Cat. | Behind Cat. | Pos Men | Behind Men |
|----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|-------|-------|-----------------|-------------|----------------|------------|---------------|
| | | | | | | Pos Men | Behind Men | km | Time | | | | | |
| Zwischenzeit I | - | 6:10 | - | 5 | 1:36 | 34 | 2:55 | - | 6:10 | - | 5 | 1:36 | 34 | 2:55 |
| Zwischenzeit I | - | 22:55 | - | 5 | 5:00 | 31 | 9:46 | - | 29:05 | - | 5 | 6:25 | 33 | 12:41 |
| Finish | - | 18:10 | - | 5 | 4:27 | 31 | 8:08 | 8.00 | 47:15 | - | 5 | 10:52 | 31 | 20:49 |