



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		Pos Cat.	Behind Cat.	Pos Men	Behind Men	
						Pos Men	Behind Men	Total km	Total Time					Total min/km
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