



## Detailed evaluation

### Andreas Maak

Club: Leichtathletikgemeinschaft Erfurt  
Number: 183

Course: 8.00 km  
8 km Lauf

Category:  
Senioren M50 (50-54) 8

Total time: 35:53

Speed: 13.38 km/h  
Running performance: 4:29 min/km

Rank in course/Total: 9 (of 67)

Rank in course/Men: 9 (of 39)

Best time in course: 26:26

Rank in category: 1(of 3)

Best time in the category: 35:53

Intermediate times					Stage score				Total ranking					
Control	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	-	4:16	-	1	-	12	1:01	-	4:16	-	1	-	12	1:01
Zwischenzeit I	-	17:33	-	1	-	9	4:24	-	21:49	-	1	-	9	5:25
Finish	-	14:04	-	1	-	13	4:02	8.00	35:53	-	1	-	9	9:27