



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.	Stage score		Total		Pos Cat.	Behind Cat.	Total ranking		
						Pos Men	Behind Men	Total km	Total Time			Total min/km	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