



Detailed evaluation

Ralph Adams

Club: Rennsteiglaufverein
Number: 101

Course: 8.00 km
8 km Lauf

Category:
Senioren M55 (55-59) 8

Total time: 38:19

Speed: 12.53 km/h
Running performance: 4:47 min/km

Rank in course/Total: 16 (of 67)

Rank in course/Men: 14 (of 39)

Best time in course: 26:26

Rank in category: 1(of 2)

Best time in the category: 38:19

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	-	4:44	-	1	-	18	1:29	-	4:44	-	1	-	18	1:29
Zwischenzeit I	-	18:50	-	1	-	13	5:41	-	23:34	-	1	-	16	7:10
Finish	-	14:45	-	2	0:01	17	4:43	8.00	38:19	-	1	-	14	11:53