



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 | | Pos Cat. | Behind Cat. | Total ranking | | |
|----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|-------------|---------------|-------------|----------------|-----------------|------------|---------------|
| | | | | | | Pos Men | Behind Men | Total km | Total Time | | | Total min/km | 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 |