



## 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<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total       |               | Total           |             | Total          |            | Total ranking |  |
|----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|-------------|---------------|-----------------|-------------|----------------|------------|---------------|--|
|                |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>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         |  |