



Detailed evaluation

Karsten Krannich

Number: 139

Course: 8.00 km
8 km Lauf

Category:
Senioren M55 (55-59) 8

Total time: 38:50

Speed: 12.36 km/h

Running performance: 4:51 min/km

Rank in course/Total: 18 (of 67)

Rank in course/Men: 16 (of 39)

Best time in course: 26:26

Rank in category: 2(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	-	5:02	-	2	0:18	23	1:47	-	5:02	-	2	0:18	23	1:47
Zwischenzeit I	-	19:04	-	2	0:14	15	5:55	-	24:06	-	2	0:32	17	7:42
Finish	-	14:44	-	1	-	16	4:42	8.00	38:50	-	2	0:31	16	12:24