



Detailed evaluation

Sascha Hofmann

Club: sc impuls erfurt
Number: 173

Course: 14.06 km
Hauptlauf

Category:
Senioren M45 (45-49)

Total time: 1:14:46
Speed: 11.23 km/h
Running performance: 5:19 min/km

Rank in course/Total: 53 (of 168)
Rank in course/Men: 47 (of 123)
Best time in course: 48:00

Rank in category: 5(of 15)
Best time in the category: 1:00:12

Intermediate times						Stage score				Total ranking					
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Zwischenzeit	6.50	37:03	5:41	6	7:10	52	13:45	6.50	37:03	5:41	6	7:10	52	13:45	
Finish	7.56	37:43	4:59	4	7:24	45	13:01	14.06	1:14:46	5:19	5	14:34	47	26:46	