



Detailed evaluation

Martin Thomas

Club: Laufen mit Herz &Seele
Number: 63

Course: 12.50 km
12,5 km - Lauf

Category:
Senioren M35 (35-39)

Total time: 1:08:04

Speed: 10.58 km/h
Running performance: 5:26 min/km

Rank in course/Total: 21 (of 70)

Rank in course/Men: 21 (of 48)

Best time in course: 48:02

Rank in category: 4(of 6)

Best time in the category: 56:47

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	5.80	36:15	6:15	5	5:14	24	11:12	5.80	36:15	6:15	5	5:14	24	11:12
Finish	6.70	31:49	4:44	4	6:03	20	8:50	12.50	1:08:04	5:26	4	11:17	21	20:02