



## Detailed evaluation

**Michael Amling**

Club: SV Herrenhof

Number: 2

Course: 12.50 km

12,5 km - Lauf

Category:

Senioren M40 (40-44)

Total time: 1:07:54

Speed: 10.60 km/h

Running performance: 5:25 min/km

Rank in course/Total: 20 (of 70)

Rank in course/Men: 20 (of 48)

Best time in course: 48:02

Rank in category: 4(of 13)

Best time in the category: 48:02

### Intermediate times

### Stage score

### Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Zwischenzeit	5.80	34:53	6:00	4	9:50	20	9:50	5.80	34:53	6:00	4	9:50	20	9:50
Finish	6.70	33:01	4:55	6	10:02	25	10:02	12.50	1:07:54	5:25	4	19:52	20	19:52