



### Detailed evaluation

**Stefan Amling**

Club: SV Herrenhof

Number: 3

Course: 12.50 km

12,5 km - Lauf

Category:

Senioren M40 (40-44)

Total time: 1:08:24

Speed: 10.53 km/h

Running performance: 5:28 min/km

Rank in course/Total: 22 (of 70)

Rank in course/Men: 22 (of 48)

Best time in course: 48:02

Rank in category: 5(of 13)

Best time in the category: 48:02

#### 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	35:49	6:10	5	10:46	23	10:46	5.80	35:49	6:10	5	10:46	23	10:46
Finish	6.70	32:35	4:51	4	9:36	21	9:36	12.50	1:08:24	5:28	5	20:22	22	20:22