



Detailed evaluation

Denny Leffler

Club: SG Jugendkraft Crawinkel

Number: 37

Course: 12.50 km

12,5 km - Lauf

Category:

Senioren M40 (40-44)

Total time: 1:08:54

Speed: 10.45 km/h

Running performance: 5:30 min/km

Rank in course/Total: 25 (of 70)

Rank in course/Men: 24 (of 48)

Best time in course: 48:02

Rank in category: 6(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	36:17	6:15	6	11:14	25	11:14	5.80	36:17	6:15	6	11:14	25	11:14
Finish	6.70	32:37	4:52	5	9:38	22	9:38	12.50	1:08:54	5:30	6	20:52	24	20:52