



Detailed evaluation

Patrick Steinmetz

Club: Bad Langensalza

Number: 59

Course: 12.50 km

12,5 km - Lauf

Category:

Senioren M40 (40-44)

Total time: 1:19:04

Speed: 9.11 km/h

Running performance: 6:19 min/km

Rank in course/Total: 47 (of 70)

Rank in course/Men: 37 (of 48)

Best time in course: 48:02

Rank in category: 9(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		Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
						Pos Men	Behind Men	km	Time					
Zwischenzeit	5.80	40:55	7:03	8	15:52	35	15:52	5.80	40:55	7:03	8	15:52	35	15:52
Finish	6.70	38:09	5:41	10	15:10	39	15:10	12.50	1:19:04	6:19	9	31:02	37	31:02