



Detailed evaluation

Rene Cott

Club: Trailrunning-Crew Thüringen

Number: 10

Course: 12.50 km

12,5 km - Lauf

Category:

Senioren M40 (40-44)

Total time: 1:32:26

Speed: 7.79 km/h

Running performance: 7:23 min/km

Rank in course/Total: 62 (of 70)

Rank in course/Men: 46 (of 48)

Best time in course: 48:02

Rank in category: 13(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	49:44	8:34	13	24:41	46	24:41	5.80	49:44	8:34	13	24:41	46	24:41
Finish	6.70	42:42	6:22	13	19:43	46	19:43	12.50	1:32:26	7:23	13	44:24	46	44:24