



Detailed evaluation

René Große

Club: Rennsteiglaufrverein/LG Süd
Number: 22

Course: 12.50 km
12,5 km - Lauf

Category:
Senioren M45 (45-49)

Total time: 54:37

Speed: 13.18 km/h
Running performance: 4:22 min/km

Rank in course/Total: 3 (of 70)

Rank in course/Men: 3 (of 48)

Best time in course: 48:02

Rank in category: 1(of 7)

Best time in the category: 54:37

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	28:29	4:54	1	-	3	3:26	5.80	28:29	4:54	1	-	3	3:26
Finish	6.70	26:08	3:54	2	0:51	9	3:09	12.50	54:37	4:22	1	-	3	6:35