



### Detailed evaluation

**Marcin Zak**

Club: Pol

Number: 71

Course: 12.50 km

12,5 km - Lauf

Category:

Senioren M55 (55-59)

Total time: 1:15:10

Speed: 9.58 km/h

Running performance: 6:00 min/km

Rank in course/Total: 35 (of 70)

Rank in course/Men: 31 (of 48)

Best time in course: 48:02

Rank in category: 3(of 4)

Best time in the category: 1:09:17

#### 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	39:57	6:53	3	3:38	32	14:54	5.80	39:57	6:53	3	3:38	32	14:54
Finish	6.70	35:13	5:15	4	2:15	32	12:14	12.50	1:15:10	6:00	3	5:53	31	27:08