



Detailed evaluation

Ralf Näther

Club: SWE Laufteam
Number: 360

Course: 9.25 km
9 km Lauf

Category:
Senioren M30 (30-34)

Total time: 38:34
Speed: 14.00 km/h
Running performance: 4:10 min/km

Rank in course/Total: 7 (of 91)
Rank in course/Men: 6 (of 57)
Best time in course: 36:04

Rank in category: 1(of 2)
Best time in the category: 38:34

Intermediate times								Stage score				Total ranking			
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Zwischenzeit I	-	7:08	-	1	-	10	1:07	-	7:08	-	1	-	10	1:07	
Zwischenzeit I	-	17:31	-	1	-	5	1:15	-	24:39	-	1	-	9	2:22	
Finish	9.25	13:55	-	1	-	4	1:09	9.25	38:34	4:10	1	-	6	2:30	