



Detailed evaluation

Marco Ohmann

Club: Osthäuser Sportverein

Number: 364

Course: 9.25 km

9 km Lauf

Category:

Senioren M40 (40-44)

Total time: 46:55

Speed: 11.51 km/h

Running performance: 5:04 min/km

Rank in course/Total: 37 (of 91)

Rank in course/Men: 31 (of 57)

Best time in course: 36:04

Rank in category: 2(of 9)

Best time in the category: 37:16

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Zwischenzeit I	-	8:51	-	5	2:10	39	2:50	-	8:51	-	5	2:10	39	2:50
Zwischenzeit I	-	21:04	-	3	4:09	33	4:48	-	29:55	-	4	6:19	36	7:38
Finish	9.25	17:00	-	2	3:20	26	4:14	9.25	46:55	5:04	2	9:39	31	10:51