



### Detailed evaluation

Phillip Mahrholdt

Number: 356

Course: 9.25 km

9 km Lauf

Category:

Senioren M40 (40-44)

Total time: 52:31

Speed: 10.28 km/h

Running performance: 5:40 min/km

Rank in course/Total: 61 (of 91)

Rank in course/Men: 44 (of 57)

Best time in course: 36:04

Rank in category: 6(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		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Zwischenzeit I	-	8:24	-	4	1:43	36	2:23	-	8:24	-	4	1:43	36	2:23
Zwischenzeit I	-	22:44	-	6	5:49	40	6:28	-	31:08	-	5	7:32	39	8:51
Finish	9.25	21:23	-	8	7:43	50	8:37	9.25	52:31	5:40	6	15:15	44	16:27