



Detailed evaluation

Christian John

Total time: 55:10

Number: 342

Speed: 9.79 km/h

Running performance: 5:57 min/km

Course: 9.25 km

Rank in course/Total: 71 (of 91)

9 km Lauf

Rank in course/Men: 49 (of 57)

Best time in course: 36:04

Category:

Rank in category: 8(of 9)

Senioren M40 (40-44)

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 ranking			
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Zwischenzeit I	-	9:37	-	7	2:56	47	3:36	-	9:37	-	7	2:56	47	3:36
Zwischenzeit I	-	24:43	-	8	7:48	51	8:27	-	34:20	-	8	10:44	50	12:03
Finish	9.25	20:50	-	7	7:10	47	8:04	9.25	55:10	5:57	8	17:54	49	19:06