



Detailed evaluation

René Pfeffer

Club: ESC Erfurt

Number: 375

Course: 9.25 km

9 km Lauf

Category:

Senioren M45 (45-49)

Total time: 39:38

Speed: 13.62 km/h

Running performance: 4:17 min/km

Rank in course/Total: 12 (of 91)

Rank in course/Men: 11 (of 57)

Best time in course: 36:04

Rank in category: 2(of 6)

Best time in the category: 38:42

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	-	7:07	-	2	0:45	9	1:06	-	7:07	-	2	0:45	9	1:06
Zwischenzeit I	-	17:28	-	1	-	4	1:12	-	24:35	-	2	0:33	8	2:18
Finish	9.25	15:03	-	2	0:23	12	2:17	9.25	39:38	4:17	2	0:56	11	3:34