



Detailed evaluation

Stev Aladisch

Club: Trailrunning-Crew Thüringen

Number: 302

Course: 9.25 km

9 km Lauf

Category:

Senioren M45 (45-49)

Total time: 43:14

Speed: 12.49 km/h

Running performance: 4:40 min/km

Rank in course/Total: 19 (of 91)

Rank in course/Men: 17 (of 57)

Best time in course: 36:04

Rank in category: 3(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		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	Total km	Total Time				Pos Men	Behind Men
Zwischenzeit I	-	7:47	-	3	1:25	22	1:46	-	7:47	-	3	1:25	22	1:46
Zwischenzeit I	-	19:28	-	3	2:00	18	3:12	-	27:15	-	3	3:13	18	4:58
Finish	9.25	15:59	-	3	1:19	17	3:13	9.25	43:14	4:40	3	4:32	17	7:10