



Detailed evaluation

D Paep

Club: Together

Number: 368

Course: 9.25 km

9 km Lauf

Category:

Senioren M45 (45-49)

Total time: 46:22

Speed: 11.65 km/h

Running performance: 5:00 min/km

Rank in course/Total: 32 (of 91)

Rank in course/Men: 27 (of 57)

Best time in course: 36:04

Rank in category: 5(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 ranking			
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Zwischenzeit I	-	8:24	-	6	2:02	36	2:23	-	8:24	-	6	2:02	36	2:23
Zwischenzeit I	-	20:42	-	5	3:14	29	4:26	-	29:06	-	5	5:04	29	6:49
Finish	9.25	17:16	-	5	2:36	29	4:30	9.25	46:22	5:00	5	7:40	27	10:18