



## Detailed evaluation

**Solf, Daniel**

Club: Team Helbing  
Number: 127

Course: 16.00 km  
Expert

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:53:03

Speed: 8.49 km/h  
Running performance: 7:04 min/km

Rank in course/Total: 147 (of 304)

Rank in course/Men: 138 (of 252)

Best time in course: 1:05:10

Rank in category: 21(of 35)

Best time in the category: 1:17:46

Intermediate times								Stage score				Total ranking			
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Himmelsleiter +	-	2:29	-	7	1:04	74	1:27	-	2:29	-	7	1:04	74	1:27	
Himmelsleiter +	-	4:02	-	6	1:01	60	1:30	-	6:31	-	6	2:04	63	2:57	
Nordwand + Dov	-	5:26	-	7	1:07	51	1:43	-	11:57	-	6	3:11	57	4:40	
Nordwand + Dov	-	1:44	-	6	0:23	40	0:35	-	13:41	-	6	3:34	56	5:13	
Duckmäuser Eins	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-	
Duckmäuser Aus	-	16:45	-	22	16:25	175	16:32	-	30:26	-	31	7:18	214	10:56	
Pneumant Einstie	-	0:53	-	14	0:29	89	0:39	-	31:19	-	31	7:45	230	11:27	
Pneumant Aussti	-	0:09	-	16	0:07	133	0:08	-	31:28	-	35	7:49	247	11:30	
Heuschnupfen Ei	-	12:08	-	17	3:15	116	4:49	-	43:36	-	33	11:04	242	16:19	
Heuschnupfen Ai	-	0:05	-	1	-	8	0:01	-	43:41	-	33	11:03	242	16:20	
Schlammbowle E	-	2:31	-	9	0:27	55	0:48	-	46:12	-	33	11:30	241	17:07	
Schlammbowle A	-	0:53	-	5	0:07	49	0:19	-	47:05	-	34	11:37	248	17:25	
Himmelsleiter +	-	5:13	-	23	1:49	178	2:30	-	52:18	-	34	13:26	244	19:48	
Himmelsleiter +	-	4:47	-	20	1:22	127	2:00	-	57:05	-	34	14:48	244	21:42	
Nordwand + Dov	-	7:00	-	24	2:17	164	3:02	-	1:04:05	-	34	17:05	244	24:41	
Nordwand + Dov	-	1:52	-	7	0:27	60	0:48	-	1:05:57	-	34	17:32	244	25:22	
Duckmäuser Eins	-	19:43	-	18	19:26	119	19:26	-	1:25:40	-	26	24:06	191	34:16	
Duckmäuser Aus	-	0:32	-	19	0:20	149	0:21	-	1:26:12	-	32	24:16	223	34:35	
Pneumant Einstie	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-	
Pneumant Aussti	-	1:54	-	35	1:51	231	1:52	-	1:28:06	-	36	25:41	245	36:07	
Heuschnupfen Ei	-	14:59	-	29	6:03	212	7:38	-	1:43:05	-	36	31:44	245	43:45	
Heuschnupfen Ai	-	0:08	-	25	0:03	189	0:04	-	1:43:13	-	36	31:47	243	43:49	
Schlammbowle E	-	3:59	-	31	1:55	233	2:18	-	1:47:12	-	34	33:42	241	46:06	
Schlammbowle A	-	1:33	-	28	0:49	206	0:59	-	1:48:45	-	36	34:28	247	47:03	
Sportplatz Mühlb	8.00	4:18	-	28	0:49	215	1:07	16.00	1:53:03	7:03	21	35:17	138	47:53	