



Detailed evaluation

Adlung, Dietmar

Club: THE PURE NATURE CLAN
Number: 89

Course: 8.00 km
Sprint

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:04:53

Speed: 7.40 km/h
Running performance: 8:07 min/km

Rank in course/Total: 165 (of 292)

Rank in course/Men: 129 (of 192)

Best time in course: 38:15

Rank in category: 6(of 12)

Best time in the category: 42:47

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 +	-	4:22	-	6	2:37	135	3:00	-	4:22	-	6	2:37	135	3:00
Himmelsleiter +	-	5:37	-	5	2:18	127	2:47	-	9:59	-	6	4:55	133	5:47
Nordwand + Dov	-	6:38	-	5	1:48	97	2:13	-	16:37	-	5	6:43	126	7:58
Nordwand + Dov	-	2:17	-	4	0:40	75	0:49	-	18:54	-	5	7:23	122	8:43
Duckmäuser Eins	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-
Duckmäuser Aus	-	20:33	-	10	20:13	140	20:17	-	39:27	-	12	13:46	166	16:23
Pneumant Einstie	-	0:54	-	4	0:23	69	0:33	-	40:21	-	12	14:09	184	16:53
Pneumant Aussti	-	0:09	-	4	0:01	80	0:06	-	40:30	-	13	14:10	192	16:56
Heuschnupfen Ei	-	15:23	-	8	5:44	166	6:39	-	55:53	-	13	19:54	91	23:35
Heuschnupfen Ai	-	0:05	-	1	-	10	0:01	-	55:58	-	13	19:54	190	23:36
Schlammbowle E	-	3:13	-	6	0:57	144	1:18	-	59:11	-	4	20:50	87	24:53
Schlammbowle A	-	1:19	-	4	0:30	123	0:45	-	1:00:30	-	13	21:20	191	25:38
Sportplatz Mühlb	8.00	4:23	-	6	0:46	139	1:00	8.00	1:04:53	8:06	6	22:06	129	26:38