



## Detailed evaluation

**Krehl, Heiko**

Club: Road runners  
Number: 580

Course: 16.00 km  
Expert

Category:  
Senioren M35 (35-39 Jahre)

Total time: 1:49:02

Speed: 8.80 km/h  
Running performance: 6:49 min/km

Rank in course/Total: 124 (of 304)

Rank in course/Men: 117 (of 252)

Best time in course: 1:05:10

Rank in category: 24(of 42)

Best time in the category: 1:05:21

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 +	-	4:00	-	35	2:58	189	2:58	-	4:00	-	35	2:58	189	2:58	
Himmelsleiter +	-	5:11	-	35	2:39	177	2:39	-	9:11	-	35	5:37	189	5:37	
Nordwand + Dov	-	6:04	-	28	2:21	144	2:21	-	15:15	-	35	7:58	186	7:58	
Nordwand + Dov	-	2:17	-	34	1:06	173	1:08	-	17:32	-	35	9:04	180	9:04	
Duckmäuser Eins	-	17:15	-	12	4:33	72	6:35	-	34:47	-	13	11:32	96	15:31	
Duckmäuser Aus	-	0:26	-	12	0:11	85	0:13	-	35:13	-	12	11:34	95	15:43	
Pneumant Einstie	-	0:48	-	16	0:34	81	0:34	-	36:01	-	12	11:58	83	16:09	
Pneumant Aussti	-	0:06	-	10	0:05	43	0:05	-	36:07	-	12	11:59	82	16:09	
Heuschupfen Ei	-	12:14	-	25	4:44	123	4:55	-	48:21	-	11	15:17	77	21:04	
Heuschupfen Ai	-	0:09	-	35	0:05	210	0:05	-	48:30	-	11	15:20	75	21:09	
Schlammbowle E	-	2:44	-	28	1:01	118	1:01	-	51:14	-	11	15:55	74	22:09	
Schlammbowle A	-	0:53	-	13	0:19	49	0:19	-	52:07	-	11	16:11	71	22:27	
Himmelsleiter +	-	4:39	-	17	1:56	104	1:56	-	56:46	-	10	17:29	70	24:16	
Himmelsleiter +	-	4:33	-	19	1:46	92	1:46	-	1:01:19	-	10	18:32	68	25:56	
Nordwand + Dov	-	6:28	-	23	2:30	113	2:30	-	1:07:47	-	11	20:10	65	28:23	
Nordwand + Dov	-	1:53	-	14	0:49	63	0:49	-	1:09:40	-	11	20:33	65	29:05	
Duckmäuser Eins	-	18:11	-	14	7:20	88	17:54	-	1:27:51	-	11	25:36	59	36:27	
Duckmäuser Aus	-	0:22	-	8	0:06	47	0:11	-	1:28:13	-	11	25:38	59	36:36	
Pneumant Einstie	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-	
Pneumant Aussti	-	1:06	-	34	1:04	215	1:04	-	1:29:19	-	43	26:16	245	37:20	
Heuschupfen Ei	-	12:06	-	20	4:39	108	4:45	-	1:41:25	-	43	29:29	245	42:05	
Heuschupfen Ai	-	0:06	-	10	0:02	58	0:02	-	1:41:31	-	42	29:30	243	42:07	
Schlammbowle E	-	2:46	-	22	1:03	117	1:05	-	1:44:17	-	42	30:15	241	43:11	
Schlammbowle A	-	0:58	-	10	0:24	53	0:24	-	1:45:15	-	43	30:30	247	43:33	
Sportplatz Mühlb	8.00	3:47	-	12	0:29	70	0:36	16.00	1:49:02	6:48	24	43:41	117	43:52	