



Detailed evaluation

Ludewig, Heiko

Club: LTV Erfurt
Number: 600

Course: 16.00 km
Expert

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:09:36

Speed: 13.79 km/h
Running performance: 4:21 min/km

Rank in course/Total: 4 (of 304)

Rank in course/Men: 4 (of 252)

Best time in course: 1:05:10

Rank in category: 1(of 31)

Best time in the category: 1:09:36

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 +	-	1:12	-	1	-	6	0:10	-	1:12	-	1	-	6	0:10	
Himmelsleiter +	-	2:45	-	1	-	4	0:13	-	3:57	-	1	-	4	0:23	
Nordwand + Dov	-	3:55	-	1	-	3	0:12	-	7:52	-	1	-	4	0:35	
Nordwand + Dov	-	1:25	-	1	-	10	0:16	-	9:17	-	1	-	4	0:49	
Duckmäuser Eins	-	11:18	-	1	-	2	0:38	-	20:35	-	1	-	2	1:19	
Duckmäuser Aus	-	0:21	-	4	0:03	30	0:08	-	20:56	-	1	-	2	1:26	
Pneumant Einstie	-	0:21	-	1	-	4	0:07	-	21:17	-	1	-	3	1:25	
Pneumant Aussti	-	0:06	-	5	0:02	43	0:05	-	21:23	-	1	-	3	1:25	
Heuschupfen Ei	-	7:53	-	1	-	3	0:34	-	29:16	-	1	-	3	1:59	
Heuschupfen Ai	-	0:07	-	21	0:02	139	0:03	-	29:23	-	1	-	3	2:02	
Schlammbowle E	-	1:44	-	1	-	2	0:01	-	31:07	-	1	-	3	2:02	
Schlammbowle A	-	0:37	-	1	-	5	0:03	-	31:44	-	1	-	3	2:04	
Himmelsleiter +	-	3:00	-	1	-	4	0:17	-	34:44	-	1	-	3	2:14	
Himmelsleiter +	-	3:03	-	1	-	4	0:16	-	37:47	-	1	-	3	2:24	
Nordwand + Dov	-	4:10	-	1	-	3	0:12	-	41:57	-	1	-	3	2:33	
Nordwand + Dov	-	1:24	-	1	-	9	0:20	-	43:21	-	1	-	3	2:46	
Duckmäuser Eins	-	11:51	-	1	-	5	11:34	-	55:12	-	1	-	4	3:48	
Duckmäuser Aus	-	0:17	-	4	0:03	15	0:06	-	55:29	-	1	-	4	3:52	
Pneumant Einstie	-	0:21	-	1	-	3	0:01	-	55:50	-	1	-	4	3:53	
Pneumant Aussti	-	0:07	-	10	0:05	80	0:05	-	55:57	-	1	-	4	3:58	
Heuschupfen Ei	-	7:54	-	1	-	3	0:33	-	1:03:51	-	1	-	2	4:31	
Heuschupfen Ai	-	0:06	-	7	0:01	58	0:02	-	1:03:57	-	1	-	3	4:33	
Schlammbowle E	-	1:43	-	1	-	3	0:02	-	1:05:40	-	1	-	3	4:34	
Schlammbowle A	-	0:38	-	1	-	5	0:04	-	1:06:18	-	1	-	3	4:36	
Sportplatz Mühlb	8.00	3:18	-	1	-	2	0:07	16.00	1:09:36	4:20	1	-	4	4:26	