



Detailed evaluation

Runge, Andre

Club: Sportgruppe FA/UA-Btl 1
Number: 464

Course: 16.00 km
Expert

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:48:01

Speed: 8.89 km/h
Running performance: 6:45 min/km

Rank in course/Total: 114 (of 304)

Rank in course/Men: 108 (of 252)

Best time in course: 1:05:10

Rank in category: 20(of 53)

Best time in the category: 1:09:26

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 +	-	2:36	-	14	1:29	87	1:34	-	2:36	-	14	1:29	87	1:34	
Himmelsleiter +	-	4:41	-	22	1:52	114	2:09	-	7:17	-	17	3:21	101	3:43	
Nordwand + Dov	-	5:51	-	23	1:56	117	2:08	-	13:08	-	17	5:17	98	5:51	
Nordwand + Dov	-	2:03	-	20	0:47	112	0:54	-	15:11	-	17	5:54	98	6:43	
Duckmäuser Eins	-	18:26	-	19	7:08	104	7:46	-	33:37	-	16	13:02	80	14:21	
Duckmäuser Aus	-	0:29	-	24	0:12	107	0:16	-	34:06	-	16	13:10	79	14:36	
Pneumant Einstie	-	0:40	-	9	0:20	49	0:26	-	34:46	-	14	13:30	72	14:54	
Pneumant Aussti	-	0:05	-	7	0:03	22	0:04	-	34:51	-	14	13:31	70	14:53	
Heuschnupfen Ei	-	12:42	-	27	4:47	154	5:23	-	47:33	-	14	18:18	69	20:16	
Heuschnupfen Ai	-	0:06	-	13	0:02	50	0:02	-	47:39	-	14	18:19	67	20:18	
Schlammbowle E	-	2:44	-	21	0:58	118	1:01	-	50:23	-	13	19:17	66	21:18	
Schlammbowle A	-	1:00	-	20	0:24	96	0:26	-	51:23	-	13	19:41	65	21:43	
Himmelsleiter +	-	4:52	-	25	1:51	129	2:09	-	56:15	-	13	21:32	65	23:45	
Himmelsleiter +	-	4:51	-	23	1:48	136	2:04	-	1:01:06	-	12	23:20	66	25:43	
Nordwand + Dov	-	6:49	-	25	2:39	138	2:51	-	1:07:55	-	12	25:59	66	28:31	
Nordwand + Dov	-	1:55	-	11	0:32	75	0:51	-	1:09:50	-	12	26:30	66	29:15	
Duckmäuser Eins	-	17:12	-	10	5:21	58	16:55	-	1:27:02	-	11	31:51	55	35:38	
Duckmäuser Aus	-	0:30	-	29	0:15	135	0:19	-	1:27:32	-	11	32:04	55	35:55	
Pneumant Einstie	-	0:39	-	7	0:18	35	0:19	-	1:28:11	-	10	32:22	48	36:14	
Pneumant Aussti	-	0:08	-	22	0:06	103	0:06	-	1:28:19	-	10	32:26	48	36:20	
Heuschnupfen Ei	-	11:59	-	20	4:01	102	4:38	-	1:40:18	-	10	36:27	47	40:58	
Heuschnupfen Ai	-	0:06	-	13	0:02	58	0:02	-	1:40:24	-	10	36:29	47	41:00	
Schlammbowle E	-	2:40	-	17	0:59	92	0:59	-	1:43:04	-	10	37:28	46	41:58	
Schlammbowle A	-	1:04	-	15	0:25	86	0:30	-	1:44:08	-	10	37:53	45	42:26	
Sportplatz Mühlb	8.00	3:53	-	19	0:42	101	0:42	16.00	1:48:01	6:45	20	38:35	108	42:51	